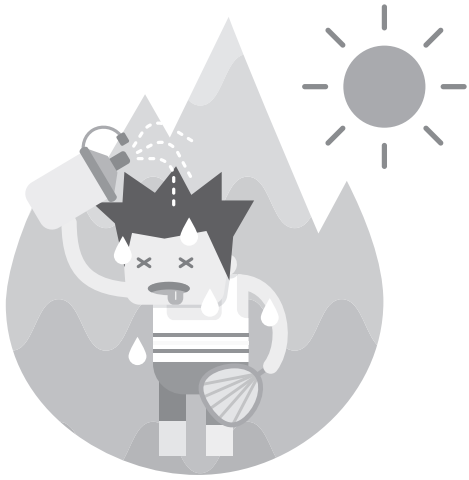
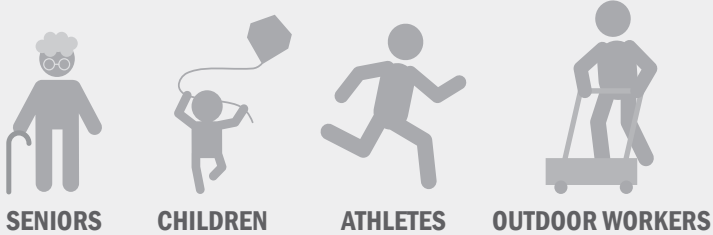


Excessive Heat



WHO IS AT RISK



SENIORS CHILDREN ATHLETES OUTDOOR WORKERS

PREVENTION



DRINK WATER



NO ALCOHOL or CAFFEINE



COOL SHOWERING



WEAR LIGHT-WEIGHT CLOTHING



DO NOT LEAVE PEOPLE/PETS IN CAR



LIMIT AFTERNOON OUTDOOR TIME

Too much heat? What does it look like?

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache

Excessive sweating



No sweating

Cool, pale, clammy skin



Body temperature above 103°F
Red, hot, dry skin



Nausea or vomiting

Rapid, weak pulse



Nausea or vomiting

Rapid, strong pulse



Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compression

CALL 9-1-1

- Take immediate action to cool the person until help arrives

