

# Heat Exhaustion

## ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Heat exhaustion can lead to heat stroke.*

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



# Heat Stroke

## ACT FAST

### CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!

