



BEAT THE HEAT

HEAT EXHAUSTION VS. HEAT STROKE

EXTREME HEAT: VERY HOT WEATHER THAT CAN HARM YOUR HEALTH, RESULTING IN HEAT STROKE, HEAT EXHAUSTION, HEAT CRAMPS OR HEAT RASHES.

HEAT EXHAUSTION

HEAT STROKE

SYMPTOMS

Cold, pale, and clammy skin

Headache

Fast, weak pulse

Nausea or vomiting

Muscle cramps

Dizziness

Heavy sweating

Fainting

Tiredness or weakness

Body temperature reaches 103°F

Headache

Fast, strong pulse

Nausea

Hot, red, dry or damp skin

Dizziness

Confusion

Fainting

WHAT TO DO

- Move person to a cool place
- Loosen their clothing
- Give them a cool bath
- Place cool wet cloths on the person's skin
- Have them sip water

Seek medical care if:

- The person is vomiting
- Their symptoms worsen
- Their symptoms last over an hour

- Call 911, to seek medical care immediately
- Move person to a cooler location
- Use cool cloths or a cool bath to lower the person's body temperature
- Do not give the person anything to drink

PREVENTION

Don't drink alcohol or sugary beverages

Limit outdoor time

Don't wear thick or dark colored clothing

Use sun protection

Drink lots of water

Pace yourself



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