

# Heat Exhaustion

# Heat Stroke

## ACT FAST

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

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



*Confusion*

*Dizziness*

*Becomes Unconscious*

## ACT FAST

# CALL 911

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

*Heat exhaustion can lead to heat stroke.*

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