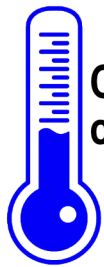


Signs and symptoms of Heat Stress

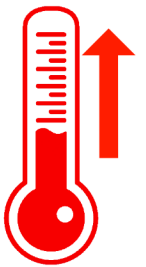
Heat Exhaustion OR

Heat Stroke



Cool, pale, clammy skin

Body temperature above 103°



Red, hot, dry skin

Nausea or vomiting

Nausea or vomiting

Rapid, weak pulse

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 a cold compress

CALL 9-1-1

Take immediate action to cool the person until help arrives