

Know the Signs

HEAT EXHAUSTION

HEAT STROKE

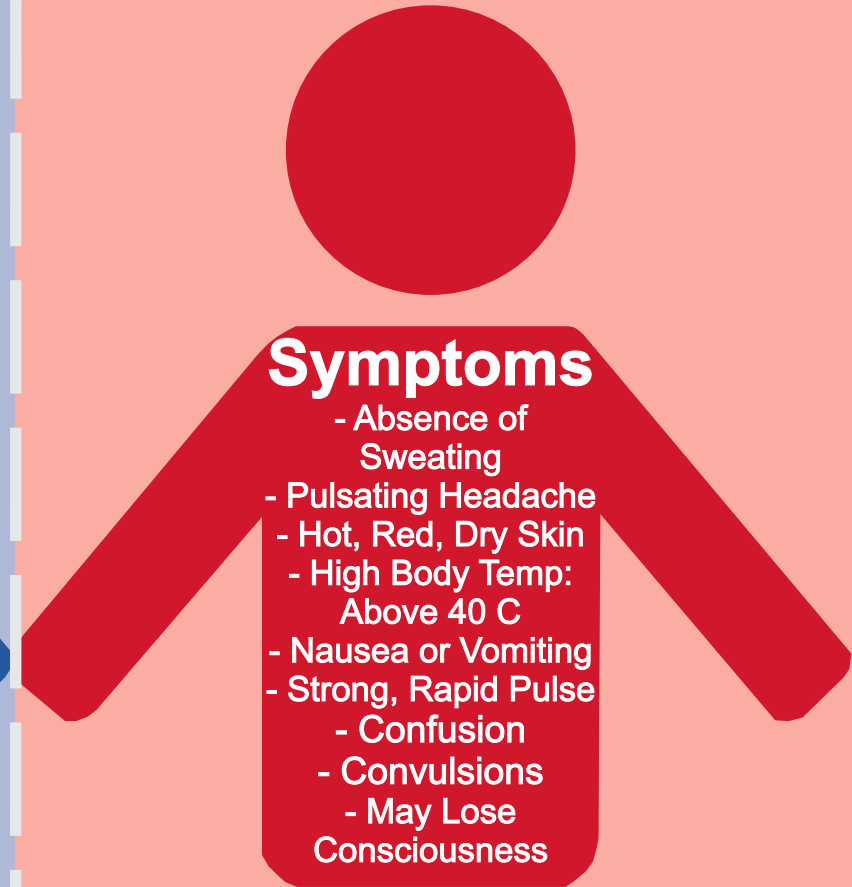


Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.



Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp: Above 40 C
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

Treatment

1) DIAL 911

- 2) Take action to cool victim by any means. Place victims in a cool area, wrap in a wet towel, sponge victim with cool water.

