



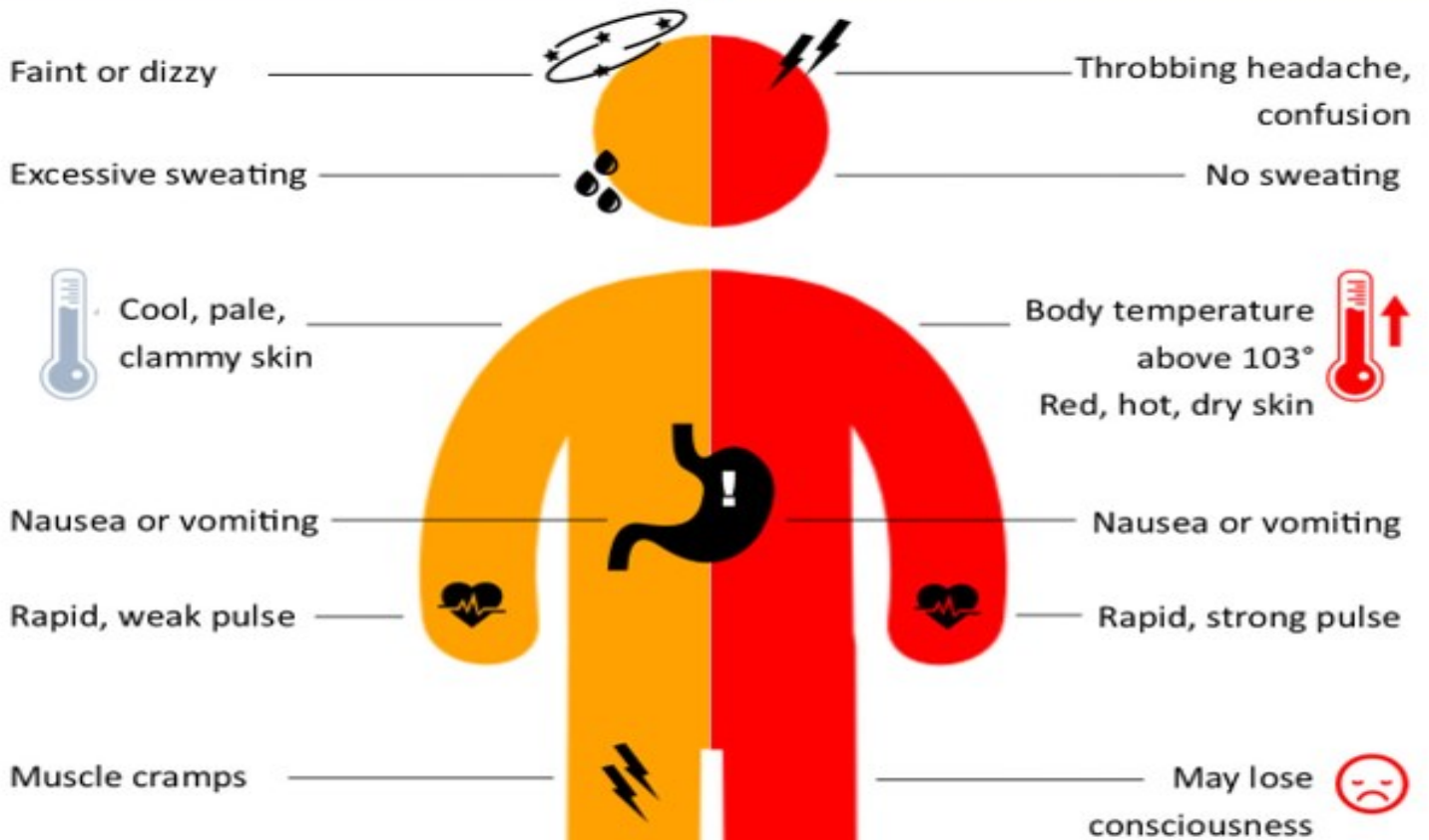
Heat Stress

During hot and humid weather, your body's ability to cool itself is challenged. When your body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, you may experience a heat-related illness. Learn the symptoms of excessive heat exposure and the appropriate responses.

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Move person to cooler place
- Cool using cool cloths or bath
- Do not give anything to drink