

AVOID • SPOT • TREAT

HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

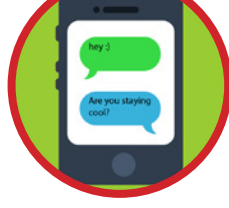
AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly** and **take breaks** often. Know who is at **high risk** for heat stroke and **heat exhaustion**.

Tips to Beat the Heat



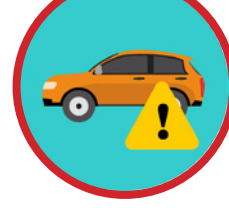
Drink plenty of water!



Check on friends and neighbors at high risk for heat-related illness

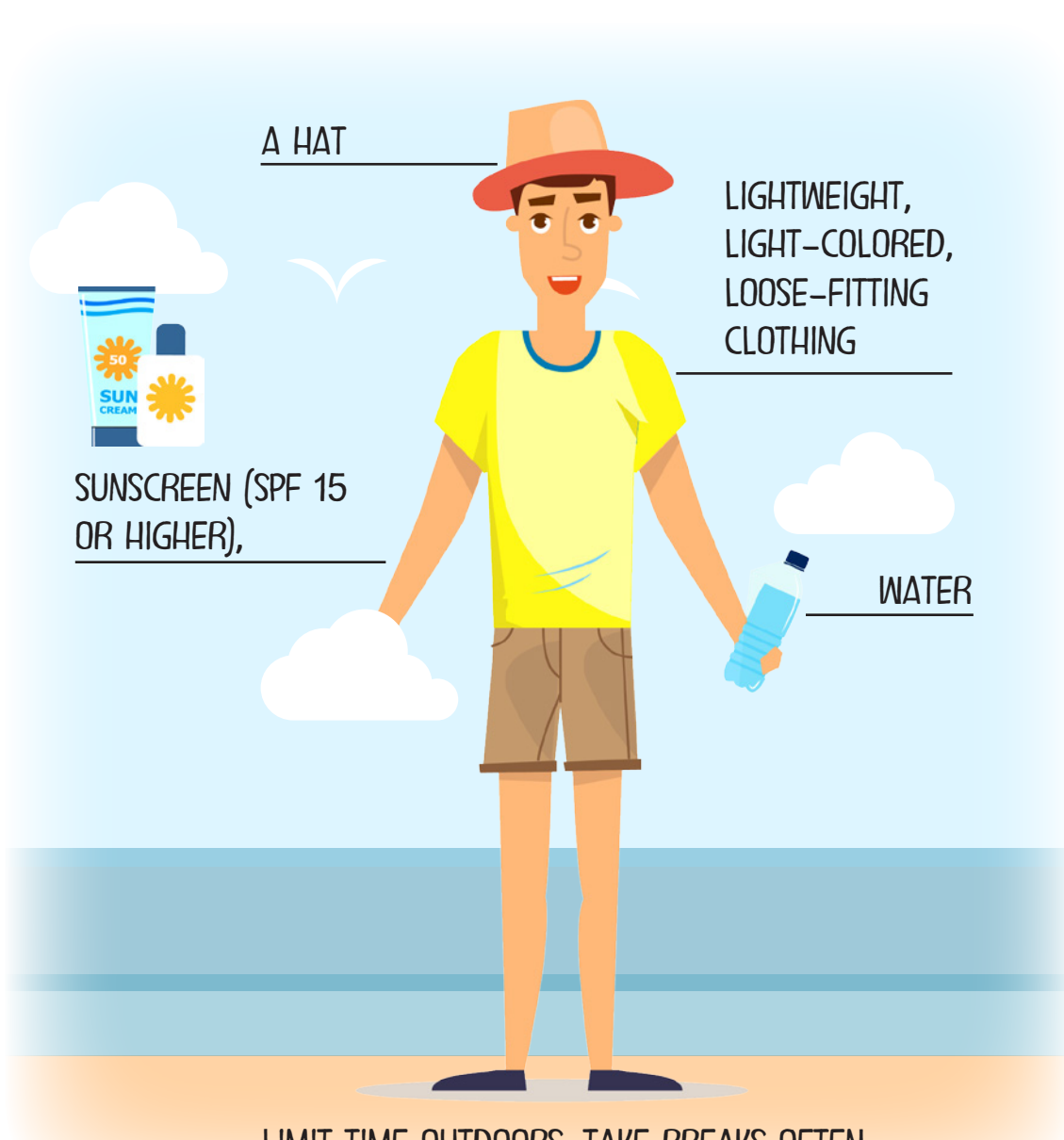


Find air-conditioned places to cool off (shopping malls and libraries)



NEVER leave kids or pets in a closed, parked vehicle

If you go outside, remember:



Know who is at high risk:



Infants



Young children



Older adults



People with chronic medical conditions

SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke

Heat Exhaustion



Signs & Symptoms

- Very high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach
- Confusion
- Passing out

Signs & Symptoms

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting



If you see any of these signs, get medical help immediately.

TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

Heat Stroke



Move the victim to a shady area or indoors. Do not give the person fluids. Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Sponging with cool water
- Fanning

Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:



- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an air-conditioned room
- Wearing lightweight clothing



immediately if symptoms are severe or if victim has heat problems or high blood pressure