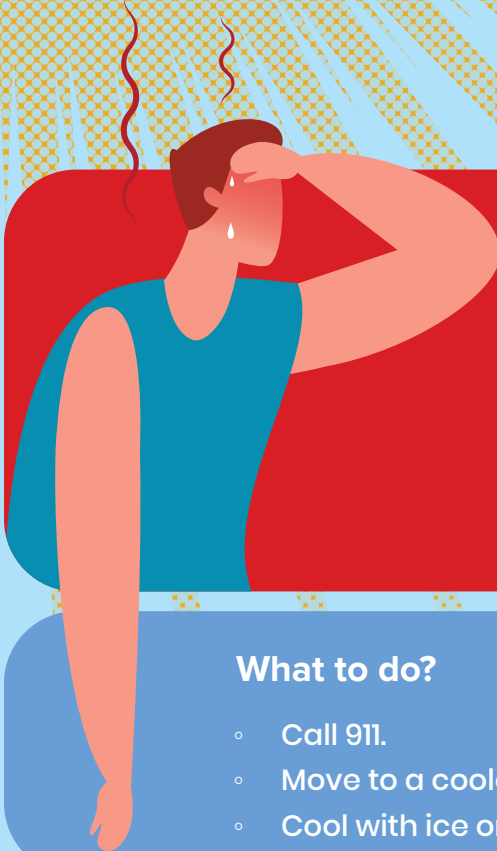


# BEAT THE HEAT!

Heat-related illnesses can range from sunburn to life-threatening. Always check the weather conditions. Know the signs of heat illness, and how to prevent it.

## HEAT STROKE



### What to look for?

- High temperature (103°F or higher)
- Red, hot, dry skin
- Fast, strong pulse
- Headache
- Losing consciousness (passing out)

### What to do?

- Call 911.
- Move to a cooler place.
- Cool with ice or water. Do not give the person anything to drink.



## HEAT EXHAUSTION

### What to look for?

- Heavy sweating
- Nausea or vomiting
- Muscle cramps
- Dizziness



### What to do?

- Move to a cool place.
- Loosen clothes.
- Sip water.

