

Heat Exhaustion

Heat Stroke

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- **Seek medical help if symptoms don't improve**

Dizziness

Thirst

*Heavy
Sweating*

Nausea

Weakness



Confusion

Dizziness

*Becomes
Unconscious*

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.