



HEALTHY IN THE HEAT



Drink water



Stay cool with a fan or air conditioner



Avoid going out in the heat



Seek shade



Hot cars can be deadly



Cool off with a shower or bath



Look out for family and friends













Wear lightweight, long sleeved, light coloured, loose fitting clothes outside

Stay Cool

Stay Hydrated

Stay Informed



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy 	Throbbing headache 	
Excessive sweating 	No sweating	
 Cool, pale, clammy skin	Body temperature above 103°  Red, hot, dry skin	
Nausea or vomiting 	Nausea or vomiting	
Rapid, weak pulse 	Rapid, strong pulse 	
Muscle cramps 	May lose consciousness 	
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses	<h1>CALL 9-1-1</h1> <ul style="list-style-type: none">• Take immediate action to cool the person until help arrives	