

# Avoid HEAT STRESS... STAY COOL



## HOW?

- Drink plenty of water
- Take breaks in cool areas
- Wear light coloured, lightweight clothing, a hat and sunscreen
- Don't overexert

## Know the SIGNS...

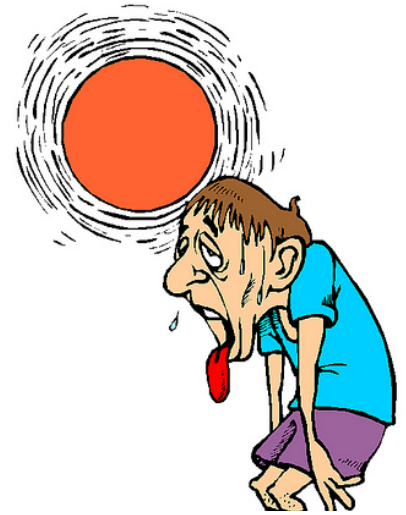
### Heat Exhaustion

- Pale or flushed skin
- Clammy skin
- Feeling weak
- Dizziness
- Nausea
- Headache

vs.

### Heat Stroke

- High body temperature
- Rapid pulse
- Hot, dry, red skin
- Feels confused/delirious
- All sweating stops



## Know the TREATMENT...

### Heat Exhaustion

- Move to a cool place immediately
- Loosen clothing
- Place a cold compress on skin
- Drink plenty of water or other fluids

### Heat Stroke

- Seek medical attention immediately
- Move to a cool place
- Lower body temperature with cool water
- Fan the individual
- If individual is conscious, offer water