

SIGNS OF HEAT EXHAUSTION AND HEAT STROKE



Heat Exhaustion

- THIRST
- HEADACHE
- SWEATING
- WEAKNESS
- NAUSEA AND VOMITNG
- DIZZINESS



Heat Stroke

- CONFUSION
- DRY TONGUE
- RAPID PULSE
- SWEATY BUT SKIN MAY BE COOL TO TOUCH
- LOSS OF COUNSCIOUSNESS

What to do

- MOVE TO COOL AREA
- ACTIVELY COOL WITH COLD COMPRESS/TOWEL OR SHOWER
- SIP WATER
- SEEK MEDICAL HELP IF SYMPTOMS PERSIST

- CALL 000 IMMEDIATLEY**
- CONTINUE COOLING TEMPERATURE UNTIL PARAMEDICS ARRIVE