

HEAT CAN KILL



HEAT STROKE & HEAT EXHAUSTION

HOW TO AVOID IT - SYMPTOMS - TREATMENT

LEARN HOW TO AVOID IT

- * Wear lightweight, light-colored, loose-fitting clothing
- * Pace yourself
- * Wear sunscreen
- * Never leave anyone in cars without A/C
- * Stay cool indoors
- * Drink plenty of fluids (water, drinks with electrolytes)
- * Keep your pets hydrated

LEARN TO SPOT THE SYMPTOMS

HEAT STROKE

- * Confusion, altered mental status, slurred speech
- * Loss of consciousness
- * Hot, dry skin or profuse sweating
- * Seizures
- * Elevated body temperature

HEAT EXHAUSTION

- * Headache
- * Nausea
- * Dizziness
- * Weakness
- * Irritability
- * Thirst
- * Heavy sweating
- * Elevated body temperature

LEARN HOW TO TREAT IT

HEAT STROKE

- * Call 911 for emergency medical care
- * Stay with person until emergency medical services arrive
- * Move the person to a shaded, cool area and remove outer clothing
- * Cool the person quickly with cold water or ice bath if possible; wet the skin, place cold wet cloths on head, neck, armpits, and groin, or soak clothing with cool water
- * Circulate the air around the person to speed cooling

HEAT EXHAUSTION

- * Take individual to a clinic or emergency room for medical evaluation and treatment
- * If medical care is unavailable, call 911
- * Someone should stay with person until help arrives
- * Remove unnecessary clothing, including shoes and socks
- * Remove person from the hot area and give liquids to drink
- * Cool person with cold compresses or have the person wash head, face and neck with cold water
- * Encourage frequent sips of cool water

See Something, Do Something ... Live to be Lethal!

KNOW THE SIGNS