

AVOID * SPOT * TREAT

HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

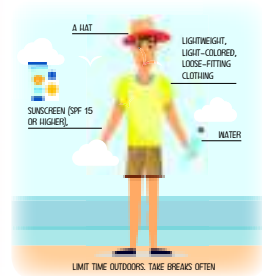
AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly** and **take breaks** often. Know who is at **high risk** for heat stroke and **heat exhaustion**.

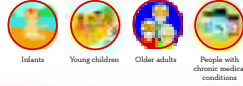
Tips to Beat the Heat



If you go outside, remember:



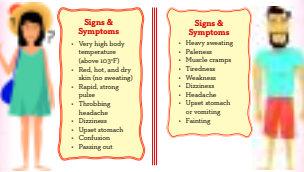
Know who is at high risk:



SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke Heat Exhaustion



! If you see any of these signs, get medical help immediately.

TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

Heat Stroke



Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:



! immediately if symptoms are severe or if victim has heat problems or high blood pressure