

**HEAT EXHAUSTION**

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

**HEAT STROKE**

- Inability to think clearly
- Lack of sweat
- Red, hot, dry skin
- Passing out or seizures

**goSafe**

**PREVENTION**

- Monitor yourself
- Avoid heat sources
- Drink plenty of fluids
- Wear light clothing
- Take frequent breaks

**EMERGENCY**

- CALL 911 IMMEDIATELY!
- Move to a cool area
- Remove outer clothing
- Bathe with cool water
- Apply an ice pack

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