

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



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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
- 🍷 Give cool drink of water
- 🧊 Apply an ice pack

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