

# 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**.

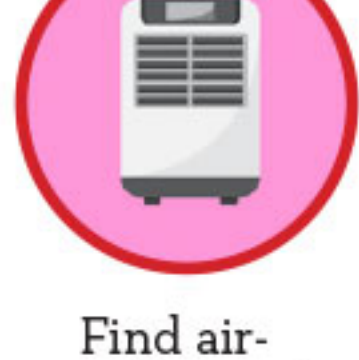
#### Tips to Beat the Heat



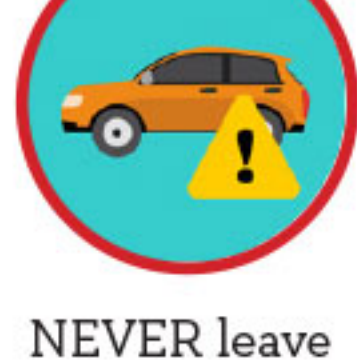
Drink plenty of water!



Check on friends and neighbors at high risk for heat-related illness

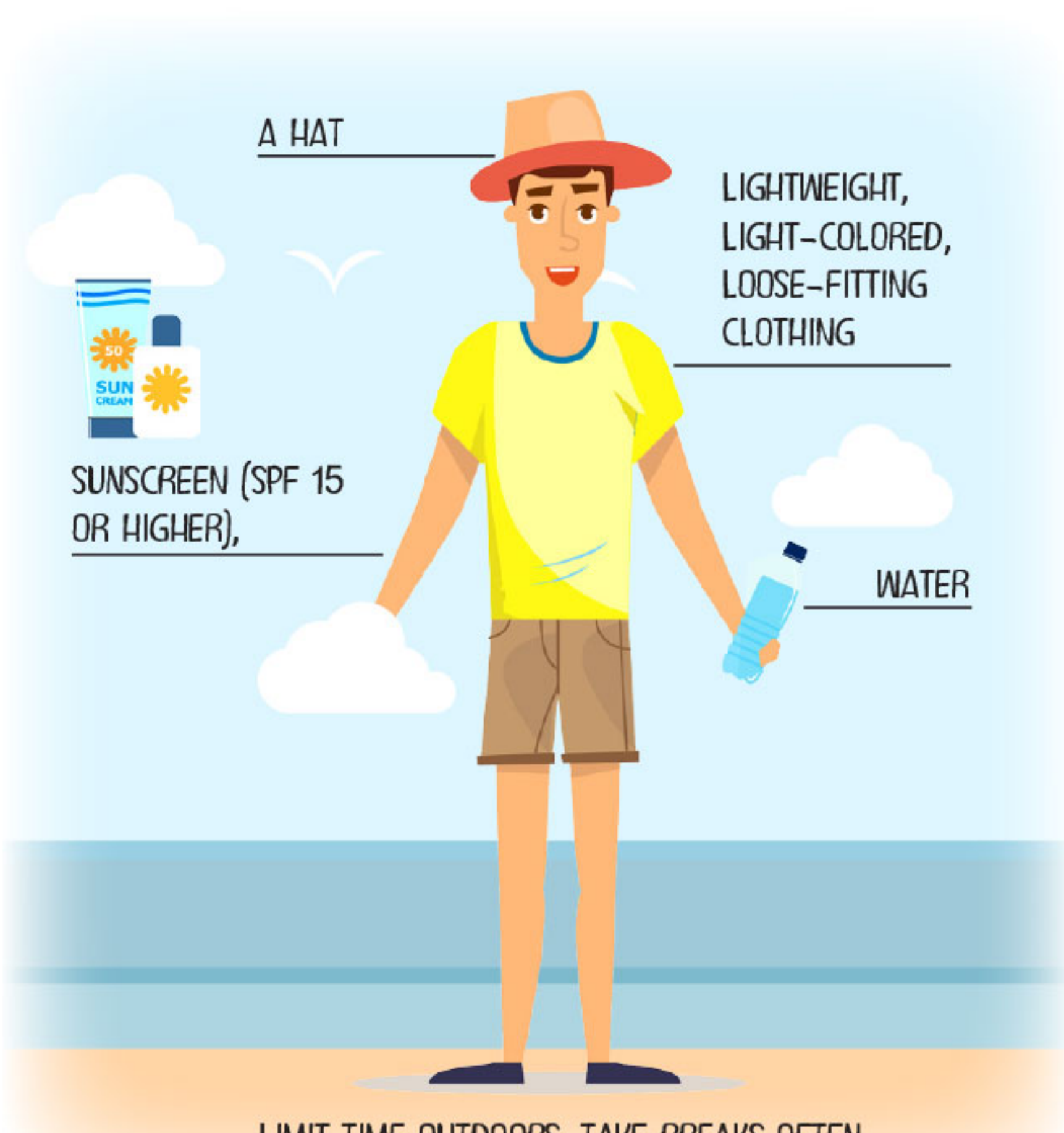


Find air-conditioned places to cool off (shopping malls and libraries)

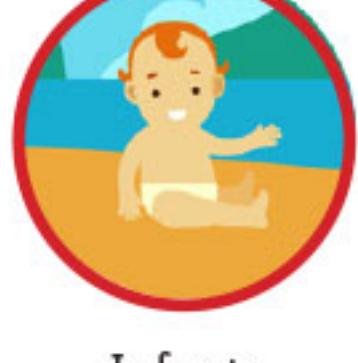


NEVER leave kids or pets in a closed, parked vehicle

#### If you go outside, remember:



#### Know who is at high risk:



Infants



Young children



Older adults



People with chronic medical conditions

### SPOT

Know the signs of heat stroke and heat exhaustion.

#### Heat Stroke

#### Heat Exhaustion



##### Signs & Symptoms

- Very high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach
- Confusion
- Passing out

##### Signs & Symptoms

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting



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



Move the victim to a shady area or indoors. Do not give the person fluids. Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Sponging with cool water
- Fanning

Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

#### Heat Exhaustion

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



- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an air-conditioned room
- Wearing lightweight clothing



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