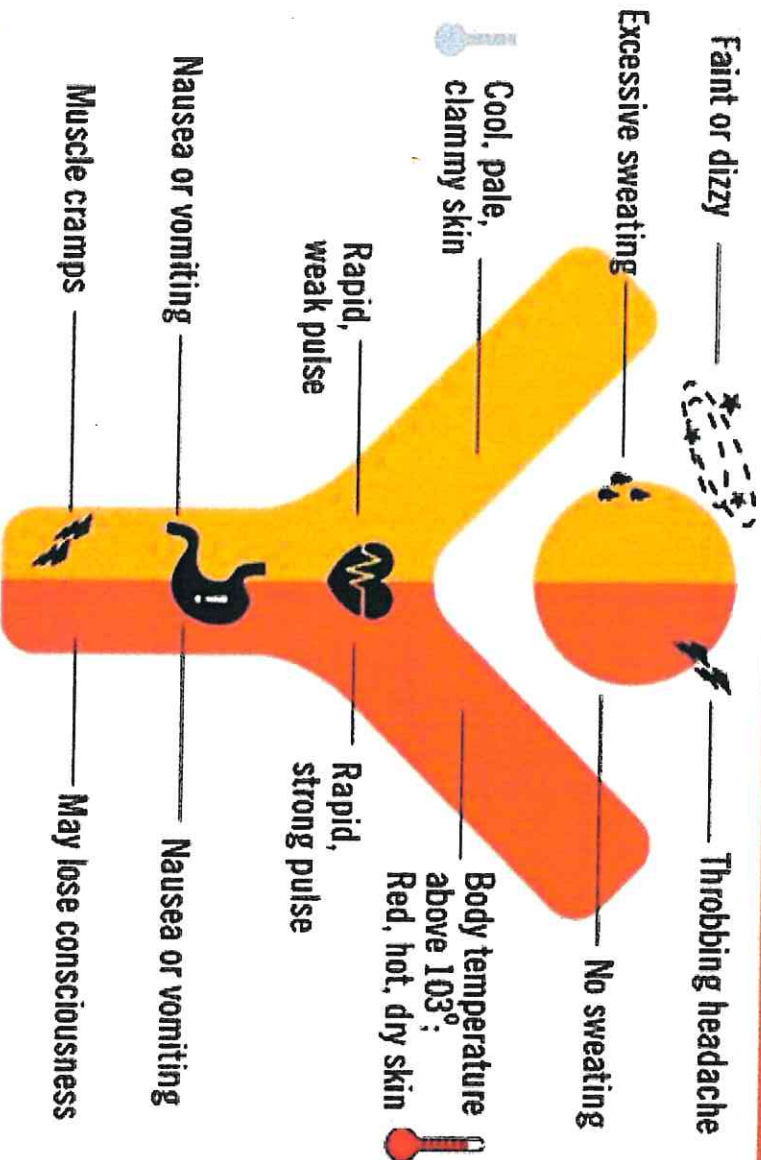




# Heat Illnesses Can Be Deadly

## Know the Signs & Act Quickly!

### HEAT EXHAUSTION OR HEAT STROKE



- Get to a cooler, air-conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

Take immediate action to cool the person until help arrives

**CALL 9-1-1**



### Helpful Tips/Reminders

Act wisely to prevent heat illness. Work in the shade and take frequent breaks!

Keep your body hydrated! Drink plenty of water and avoid caffeine/alcohol.

Know all of the signs and symptoms of heat illness. Recognize the condition!

Act quickly to seek and/or provide aid if necessary. Call 9-1-1 for heat stroke!