



HEAT EXHAUSTION



HEAT STROKE



DIZZINESS, FAINTING



INTENSE THIRST



EXCESSIVE SWEATING



RAPID WEAK PULSE



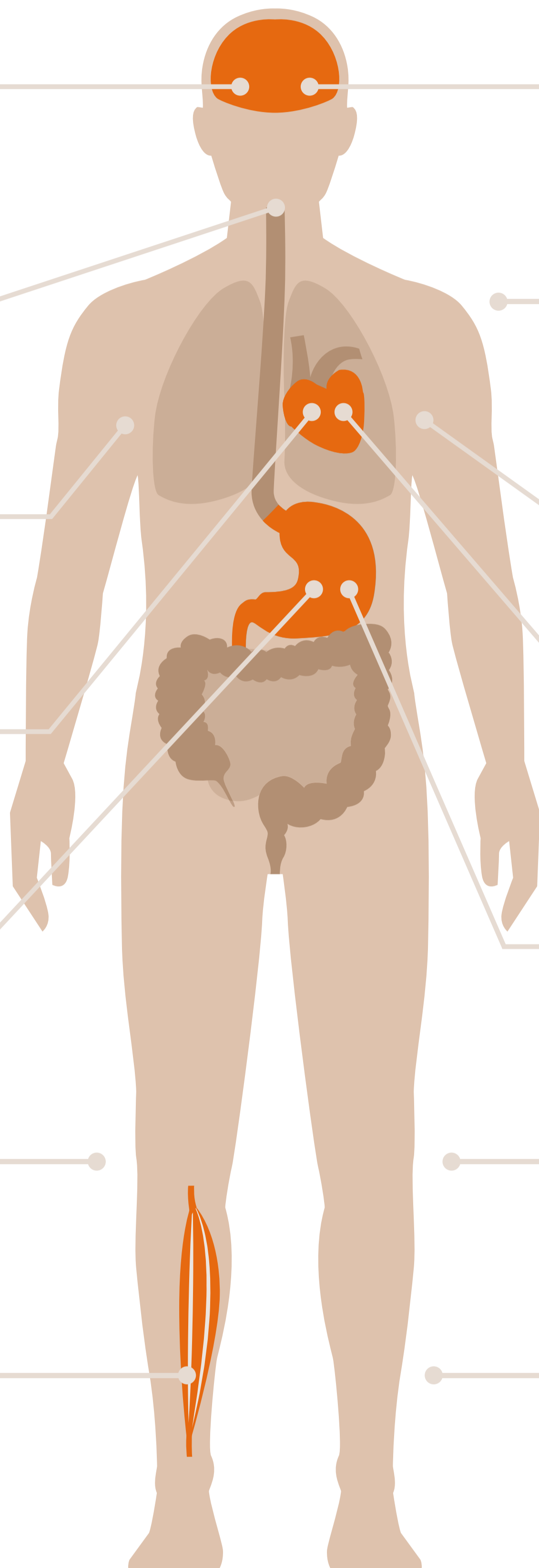
NAUSEA, VOMIT



PALE, COLD, CLAMMY SKIN



MUSCLE CRAMPS, FATIGUE



HEADACHE, CONFUSION



ELEVATED BODY TEMPERATURE



NO SWEATING



RAPID STRONG PULSE



NAUSEA, VOMIT



RED HOT SKIN



MAY LOSE CONSCIOUSNESS



FIRST AID



MOVE TO A COOLER PLACE



DRINK WATER IF ABLE



TAKE A COLD SHOWER



USE COLD COMPRESSES

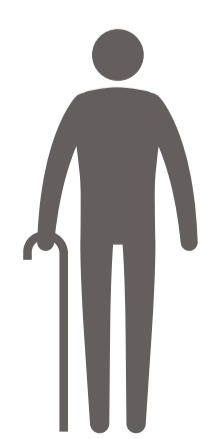


CALL EMERGENCY SERVICE



TAKE IMMEDIATE ACTION TO COOL THE PERSON

WHO IS MORE AT RISK



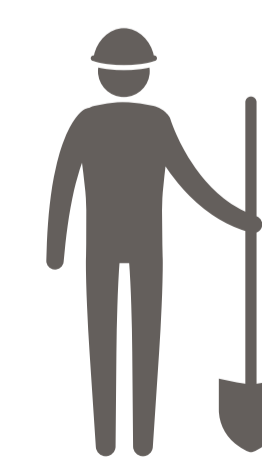
OLDER ADULTS



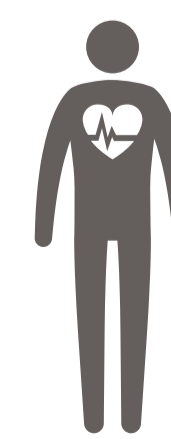
CHILDREN



PEOPLE WITH DISABILITIES



OUTDOOR WORKERS



PEOPLE WITH CERTAIN CHRONIC ILLNESSES