Beat the Heat!
Enjoy the Summer!

**Heat Exhaustion**

**SIGNS AND SYMPTOMS**
- Heavy sweating
- Weak or rapid pulse
- Fast, shallow breathing
- Paleness
- Cold, moist skin
- Chills
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting

If you see any of these signs, it’s important to seek help and take immediate actions to cool the body.

**TO REDUCE BODY HEAT, COOL THE BODY BY:**
- Stop exercising right away
- Move to a shaded area or indoors, preferably to an air-conditioned space
- Drink cool, non-alcoholic beverages
- Rest
- Take a cool, (not cold) bath, shower, or sponge bath
- Wear lightweight clothing

Get medical attention if symptoms get worse or last longer than one hour.

**Heat Stroke**

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

Heat stroke can be life threatening. If you see any of these signs, call for medical help immediately. While waiting for medical help to arrive, you can assist a person with heat stroke.

**TO REDUCE BODY HEAT, COOL THE BODY BY:**
- Move the person to a shaded area or indoors, preferably to an air-conditioned space
- Do not give the person fluids
- Cool the body by
  - Placing the person in a cool (not cold) bath or shower
  - Spraying with a garden hose or spritzing with cool water
  - Sponging with cool water
  - Fanning

Continue efforts to cool the person until medical help arrives.

**Tips to Lower Your Risk for Heat-Related Illness**
- Avoid exercise in the early afternoon; the sun is usually at its hottest between noon and 3 p.m.
- Drink water before, during, and after physical activity
- Dress appropriately; wear lightweight (moisture wicking), light-colored, loose-fitting clothing
- Take frequent breaks in the shade