

KNOW THE SIGNS

of HEAT-RELATED ILLNESS

*Ask your Family Doctor how you can prevent heat-related illness.



HEAT EXHAUSTION

- Skin rash
- Headache
- Heavy sweating
- Dizziness
- Nausea
- Muscle Cramps
- Dark, infrequent urine
- Extreme thirst
- Rapid breathing + heartrate



1. Move to a cool place
2. Give lots of water
3. Cool skin with water



HEAT STROKE

- High body temperature
- Drowsy or fainting
- Confused
- Less coordinated
- Very hot and red skin



1. Call 911
2. Remove clothes
3. Cover with wet towels and/or cold water

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Surrey-North Delta
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