

Prevent Heat-related Illness

- Drink plenty of water
- Seek shade when possible
- Avoid caffeine
- Report signs immediately



Sun exposure is hazardous year-round, even in cold or cloudy weather. Always cover up or use UVA & UVB sun block factor 15 or stronger on body parts exposed during the day.



Dehydration and Heat exhaustion can lead to fatal heat stroke. Recognize the symptoms:

- Headaches, Dizziness
- Nausea, Vomiting

More serious Heat Stroke signs:

- No perspiration, Rapid breathing
- Confusion, Fainting

Treating Heat Illnesses

- Call 911 immediately for any symptoms beyond minor exhaustion
- Remove heavy clothes
- Get the victim into the shade or a cool environment
- If the victim is fully conscious, you can give water or a sports drink, slowly
- Fan and mist with cool air and water
- Apply cool towels or bags of ice while monitoring the victim