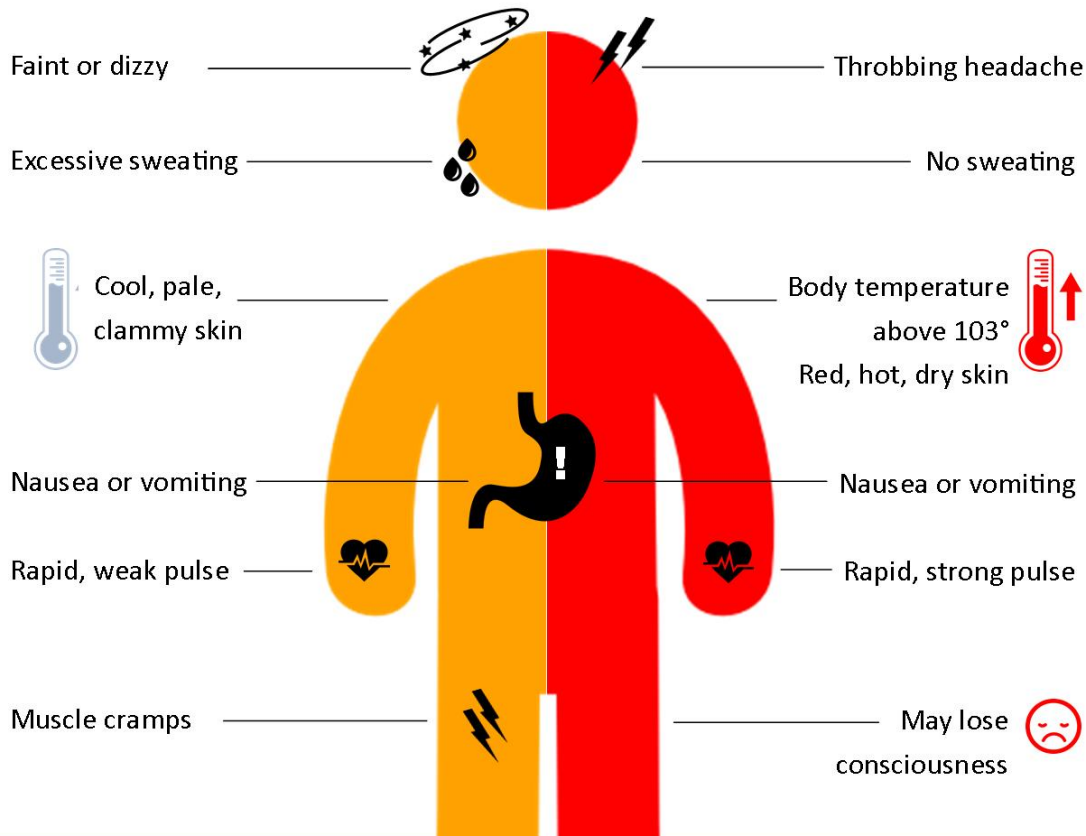


HEAT EXHAUSTION

OR

HEAT STROKE



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

CALL 9-1-1

- Take immediate action to cool the person until help arrives

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DO YOU KNOW THE SYMPTOMS OF HEAT EXHAUSTION OR HEAT STROKE?

Summer is upon us and temperatures are rising. It's a great time to enjoy the outdoors, but we must be mindful of the effects of intense heat. If you're outside gardening, working, exercising or just walking and start to feel dizzy or weak, you may be suffering from heat exhaustion and you need to get out of the sun, hydrate and cool yourself down.

WHAT IS HEAT EXHAUSTION?

Heat exhaustion happens when your body gets overheated. It makes the temperature of your skin and body go up. Your body cools itself by sweating. If you do not drink enough water to replace what you sweat, you lose too much water and salt. This makes it harder for your body to produce more sweat. When you don't sweat enough, your body can't cool down, and heat exhaustion may result. If you're not careful, heat exhaustion can lead to heatstroke, which is a more serious illness.

WHO IS AT RISK?

Anyone can get heat exhaustion, however, it is more likely to happen when you're exercising or doing a physical activity in hot and humid weather or bright sunshine.

WHAT ARE THE SYMPTOMS OF HEAT EXHAUSTION?

- A body temperature of up to 104°F (40°C).
- Moist, cool, and clammy skin.
- Dizziness.
- Headache.
- Nausea.
- Fatigue.
- Thirst.
- Dark-colored urine.
- Rapid pulse or heartbeat.
- Weakness.
- Muscle cramps.
- Confusion.
- Fainting.

It's extremely important to treat heat exhaustion as soon as possible. Untreated heat exhaustion can turn into heatstroke.

HEATSTROKE SYMPTOMS

- A body temperature of 104°F (40°C) or higher.
- Hot, red skin that may be dry or moist.
- Severe headache.
- Nausea and vomiting.
- Muscle weakness and cramping.
- Confusion.
- Rapid breathing.
- Fainting.
- Seizure.

Do not wait to see if the symptoms will go away. Call 911 if you are experiencing these symptoms. Heatstroke is a life-threatening condition that requires urgent medical treatment. Do not try and treat heatstroke at home.

Pass this along to friends and family and visit our website, www.westonems.com for more tips and alerts