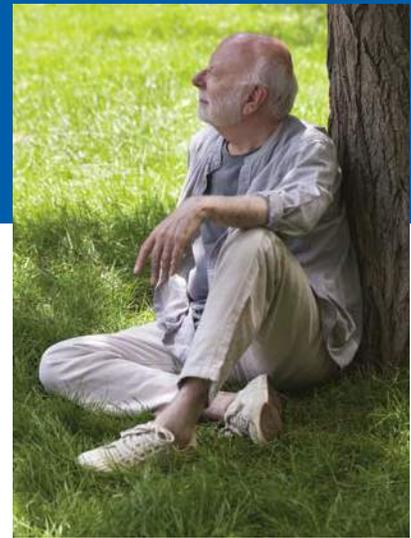


# Preventing Heat-related Illness: Know the signs and symptoms.



*Adapted from Centers for Disease Control and Prevention recommendations.*

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or heat stroke. Below are tips to help you recognize heat exhaustion and heat stroke and simple steps to keep you safe:

## Heat Exhaustion

Heavy sweating  
Weakness  
Cold, pale, and clammy skin  
Fast, weak pulse  
Nausea or vomiting  
Fainting



## What You Should Do:

Move to a cooler location.  
Lie down and loosen your clothing.  
Apply cool, wet cloths to as much of your body as possible.  
GIVE fluid in small amounts or sip water.  
If you have vomited and it continues, seek medical attention immediately.

## Heat Stroke

High body temperature  
(above 103°F)\*  
Hot, red, dry or moist skin  
Rapid and strong pulse  
Possible unconsciousness



## What You Should Do:

Call 911 immediately — this is a medical emergency.  
Move the person to a cooler environment.  
Reduce the person's body temperature with cool cloths or even a bath.  
Do NOT give fluids.

For more information visit: <http://www.cdc.gov/extremeheat/seniors.html>

**For local resources and help, call 211.**

**IT'S HOT  
OUTSIDE!** *STAY COOL.  
STAY HYDRATED.  
STAY INFORMED.*

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