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

Adapted from Centers from 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.

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**IT'S HOT OUTSIDE!**

**STAY COOL.**

**STAY HYDRATED.**

**STAY INFORMED.**