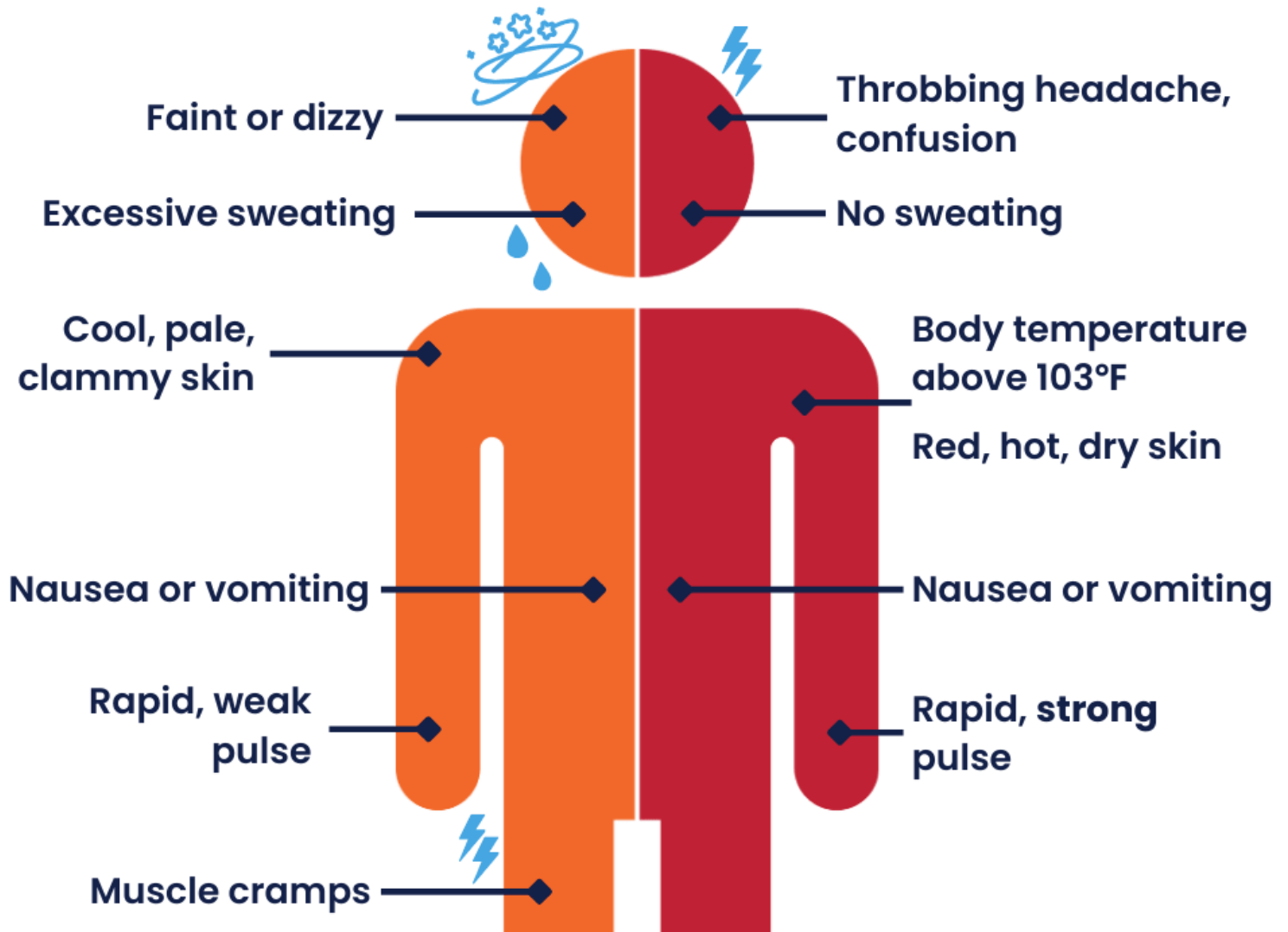


SIGNS OF HEAT ILLNESS

Heat Exhaustion

Heat Stroke



TAKE ACTION

MOVE to a cooler place

COOL with ice/cold water and lay down

DRINK cool water or sports drinks

CALL 9-1-1 if symptoms last longer than 1 hour

CALL 9-1-1 IMMEDIATELY

MOVE the person to a cool, shaded area

COOL the person with a cold water or ice bath, or by placing ice packs on the neck, armpits, and groin areas