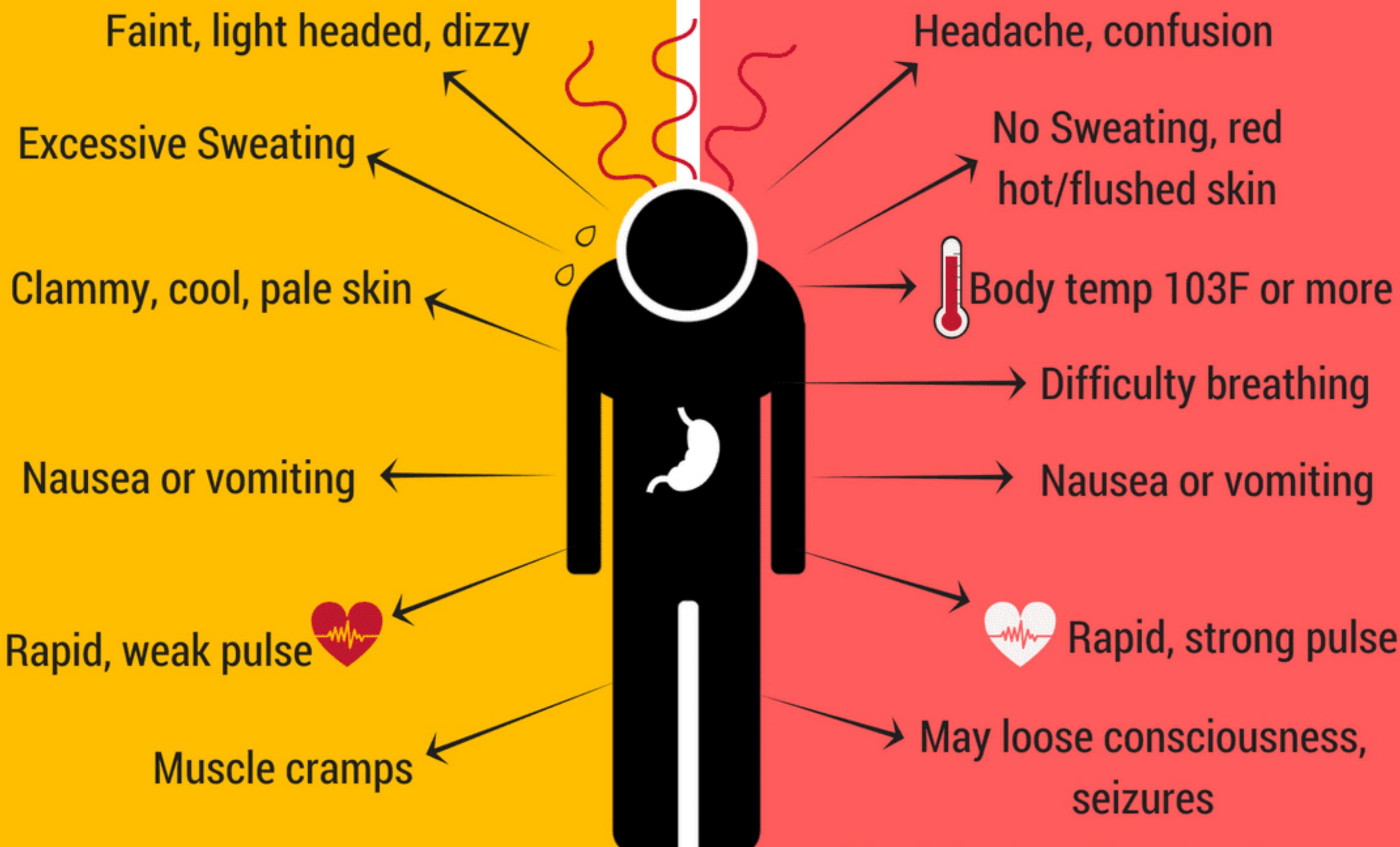


Heat Exhaustion and Heat Stroke



- Stop physical activity
- Drink cool water
- Get to a cool place (preferably air conditioned) and use a fan
- Take a cool shower or use cold compresses

CALL 9-1-1

- Or go straight to hospital
- Take immediate action to cool