



## Heat Exhaustion

### Symptoms:

- Nausea
- Cramps
- Fatigue and weakness
- Dizziness
- Excessive sweating
- Dilated pupils
- Cool, pale, clammy skin



## Heat Stroke

### Symptoms:

- Temperature – up to 41°C
- Rapid pulse
- Rapid, shallow breathing
- Confusion; strange behaviour
- No sweating
- Constricted pupils
- Dry, red, hot skin

## Protect yourself:

- Drink lots of water or 100% fruit juice, even if you don't feel thirsty.
- Avoid going out in the heat when possible, especially between 11am and 4pm.
- Keep shades or drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open if you don't have air conditioning.
- Keep electric lights off or turned down low.
- Avoid using your oven.
- Avoid intense or moderately intense physical activity
- Take a cool bath or shower, or cool down with cool, wet towels.
- Go to air-conditioned or cooler places like shopping malls, libraries, community centers or a friend's place.

## Treatment:

- Move the person to a cooler, shaded location
- Sponge the person off with cool water
- Remove shoes, socks and any excess clothing from the person
- Give sips of cool water (not ice water) or 100% fruit juice
- Place ice packs or very cold cloths under the armpits, against the neck and on the insides of the upper thighs
- Turn a fan on facing the victim

### **Seek medical help or call 911:**

if you become ill, feel faint, have problems breathing or feel confused.

