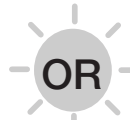
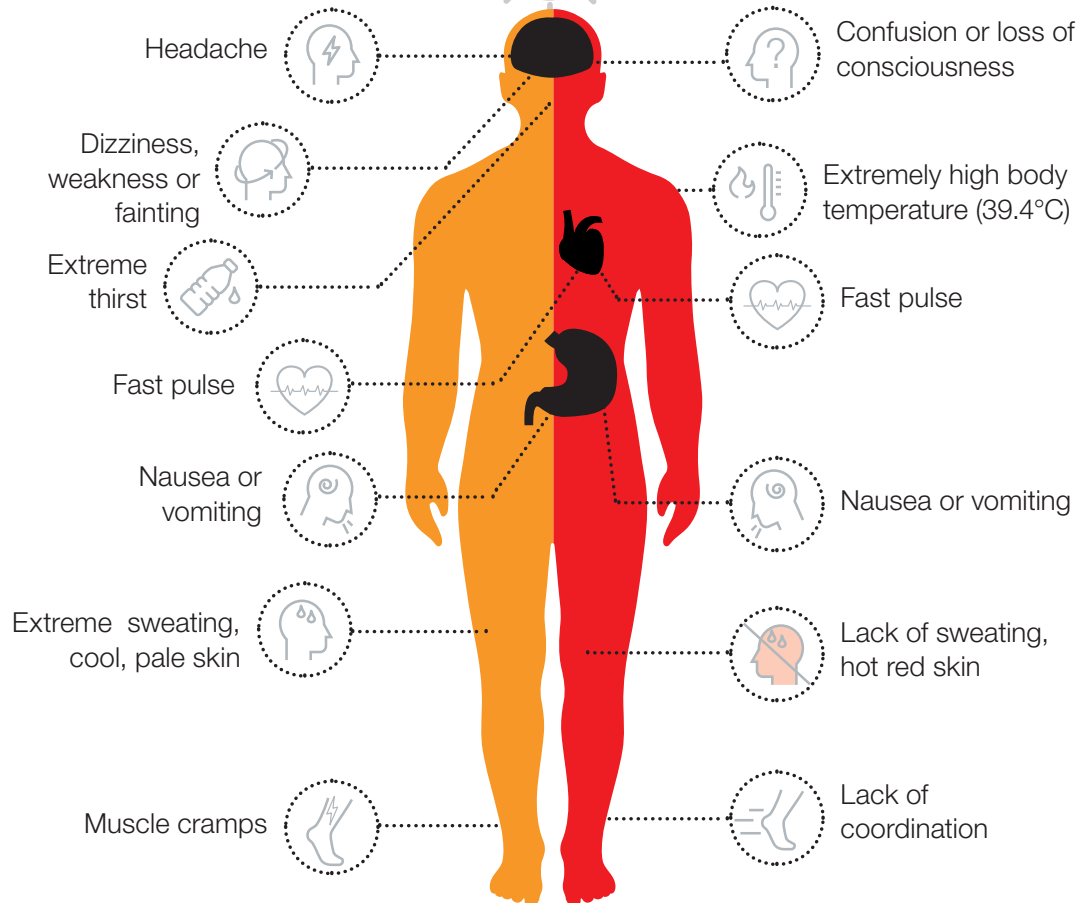


Watch for signs of heat illness

HEAT EXHAUSTION



HEAT STROKE



What you should do



MOVE to a cool place out of the sun



Lay person down and apply **COOL** wet cloths



Give sips of **WATER**



CALL 8-1-1 to consult with a medical expert

What you should do

CALL 9-1-1 IMMEDIATELY



Heat stroke is a medical **EMERGENCY**



MOVE to a cool place out of the sun



WRAP in a wet towel or cloth



Do **NOT** give fluids

Many signs of heat exhaustion can overlap with signs of heat stroke. When in doubt, call 9-1-1.