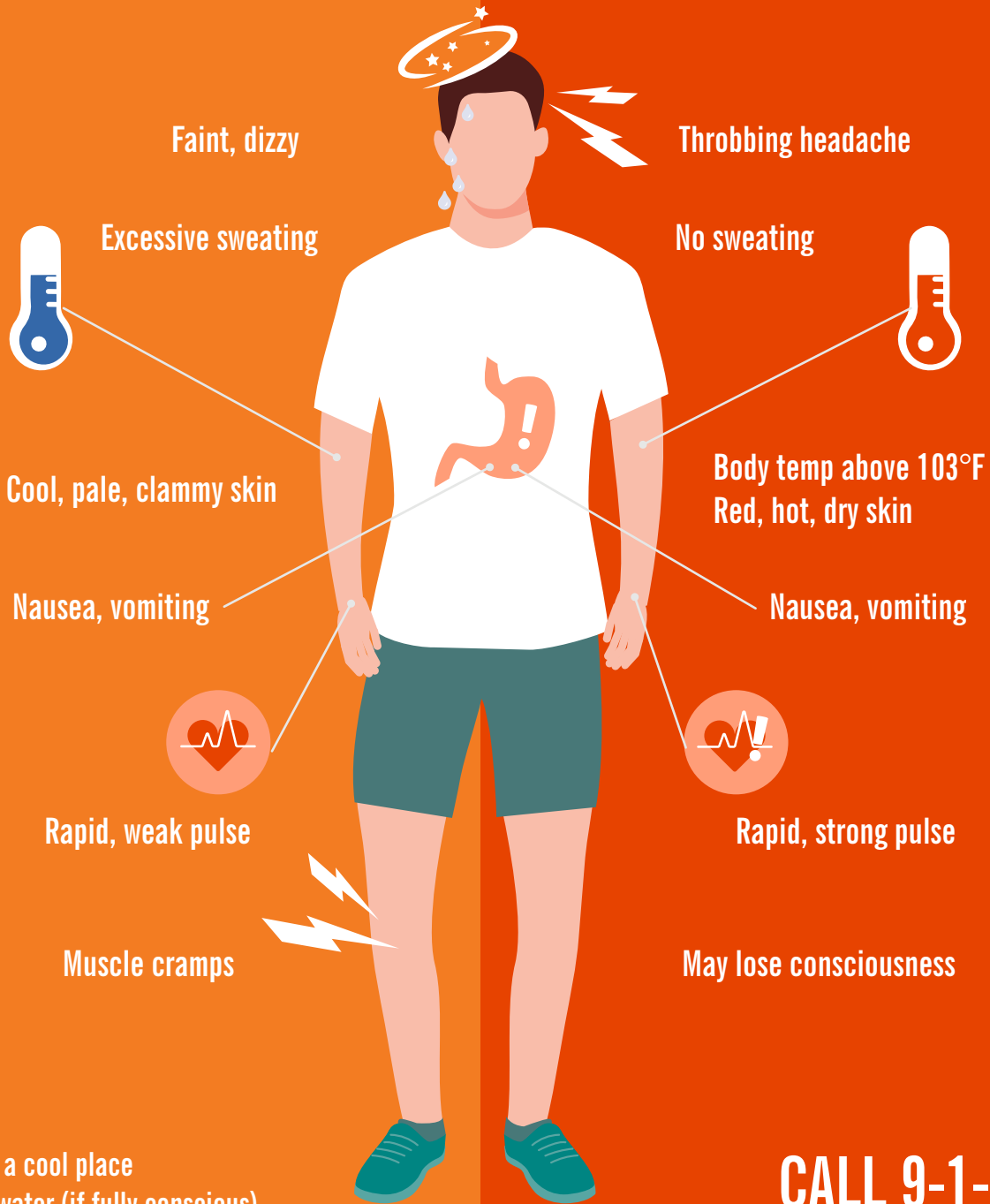


# Heat Exhaustion

# Heat Stroke



Get to a cool place  
Drink water (if fully conscious)  
Take a cool shower or use cold compresses

**CALL 9-1-1**  
Get person cool until help arrives



**TIPS**  
for the  
**HEAT**

Drink extra water  
Avoid energy drinks and alcohol  
Dilute Gatorade with water

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