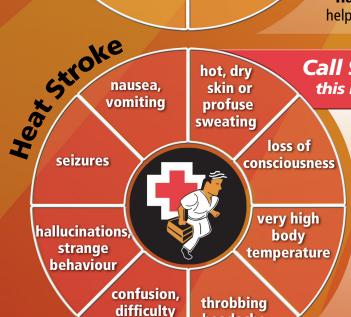
Heat-Related Illness

Heat-related illnesses can quickly progress from heat exhaustion to heat stroke - and even result in death.





headache

Call 911 immediately; this is a medical emergency.

> Stay with the person until help arrives.

Move to a cooler, shaded location.

Remove as much clothing as possible (socks and shoes too).

Wet the person's skin and clothing with cool water.

Apply cold, wet cloths or ice to head, face, neck, armpits, and groin.

Offer sips of water, but do not force the person to drink.

speaking