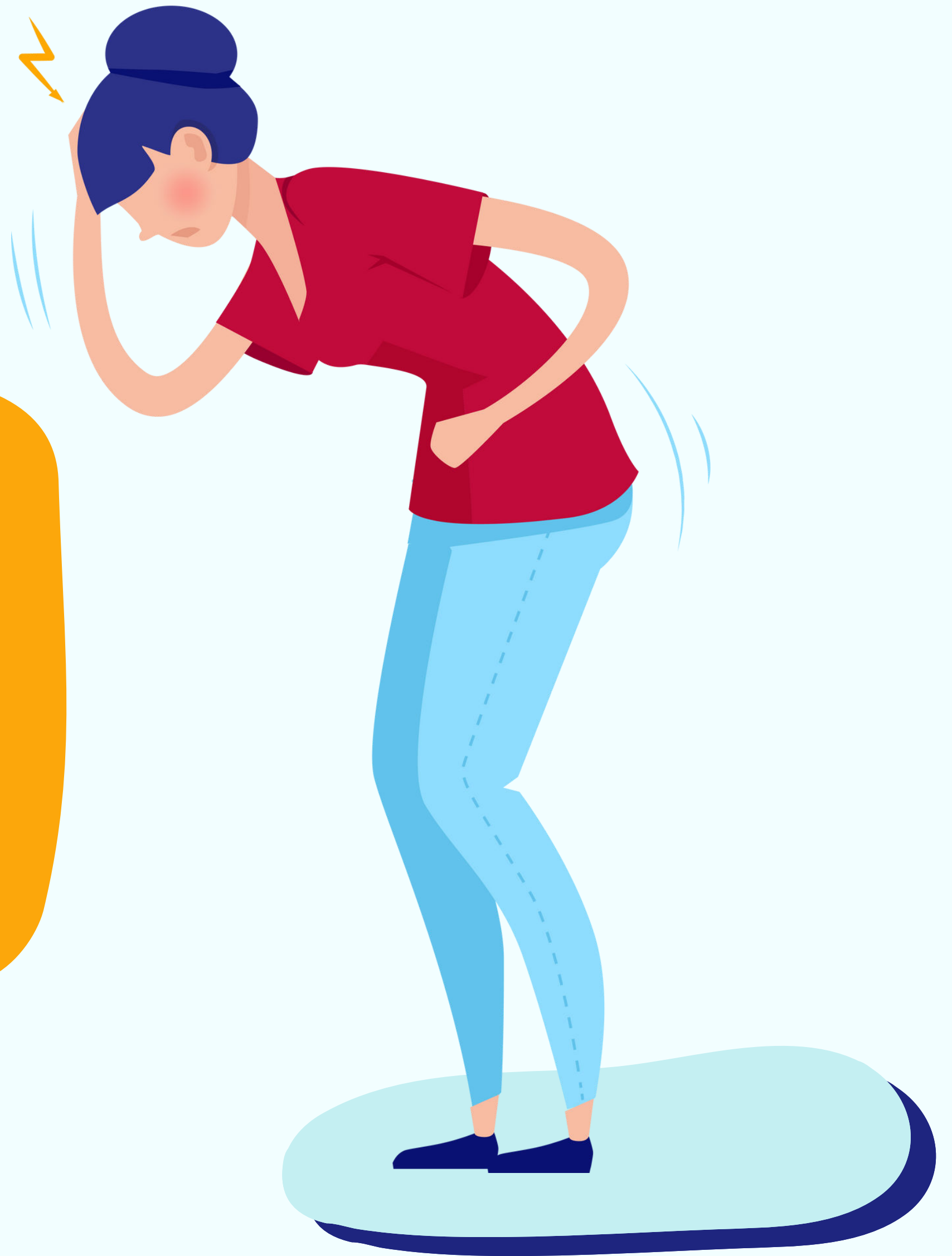


The Dangers of a

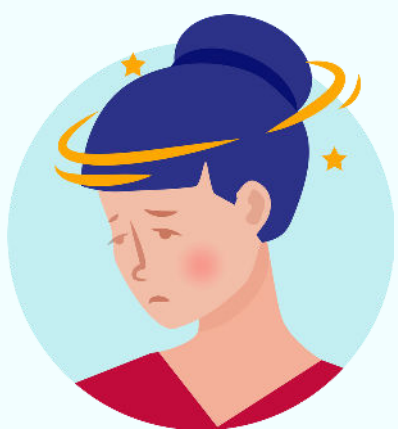
# HEAT STROKE



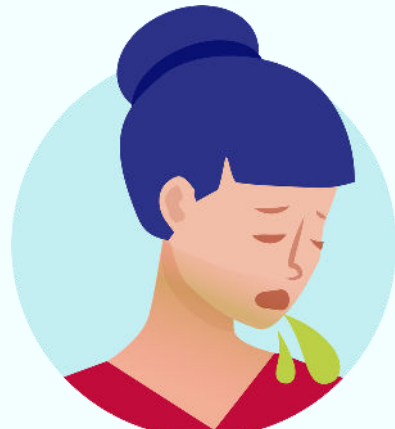
Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature and is unable to cool down. It can be life-threatening. **If someone is having a Heat Stroke**

- Call 9-1-1
- Move to a cool place
- Give or spray with water/ice

## Symptoms:



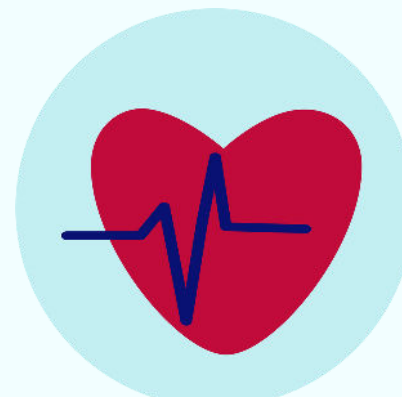
Dizziness & Confusion



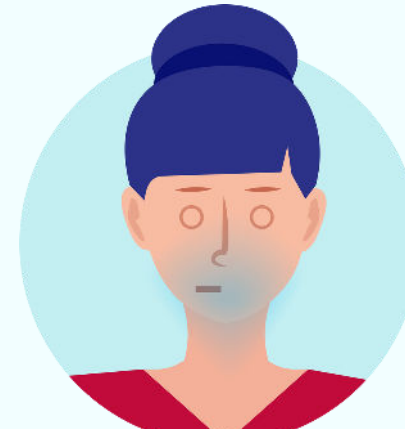
Nausea or Vomiting



Headache



Rapid Heart Beat



Loss of Consciousness



Fever or Red, Hot Skin

## Prevention:



Drink Plenty of Liquids



Wear Light/Loose Clothing



Avoid the Sun & Find Shade



Always Wear Sunscreen

Source: <https://www.cdc.gov/niosh/topics/heatstress/heatrel illness>

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