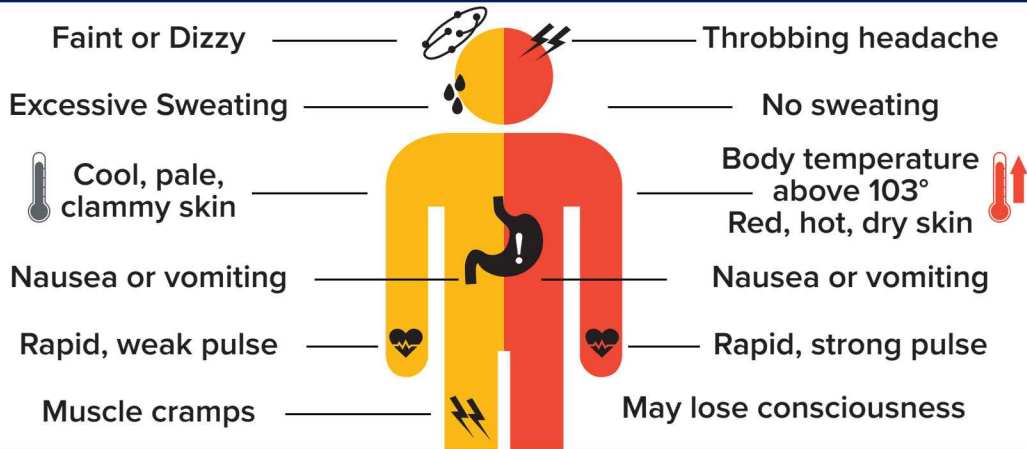


# Heat Exhaustion

or

# Heat Stroke



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses



## CALL 9-1-1

- Take immediate action to cool the person until help arrives.