The sun can be fun, but... heatstroke is no joke!

Avoid Heat Stress

• Take frequent water breaks. If you wait until you’re thirsty, you’ve waited too long.
• Wear light-colored, loose clothing.
• Avoid caffeine, certain antibiotics, and alcohol; they accelerate dehydration.

Treat the Victim for Heat Stress

• Relocate victim out of direct sunlight.
• Loosen clothing; cool victim with best means available.
• Victim should lie or sit down.
• Give victim cool water in small sips and at frequent intervals.

Know the symptoms!

Heat Exhaustion

• Dizziness, weakness, headache, blurred vision, nausea, muscle cramping, and staggering.
• Face becomes pale, profuse sweating, pulse is weak, and breathing is shallow.

Heatstroke / Sunstroke

• Severe headache, face is red, skin is hot and dry.
• Person is not sweating, and pulse is strong and very rapid.
• Seek medical treatment immediately for heatstroke victims.

Make SAFETY a habit!

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