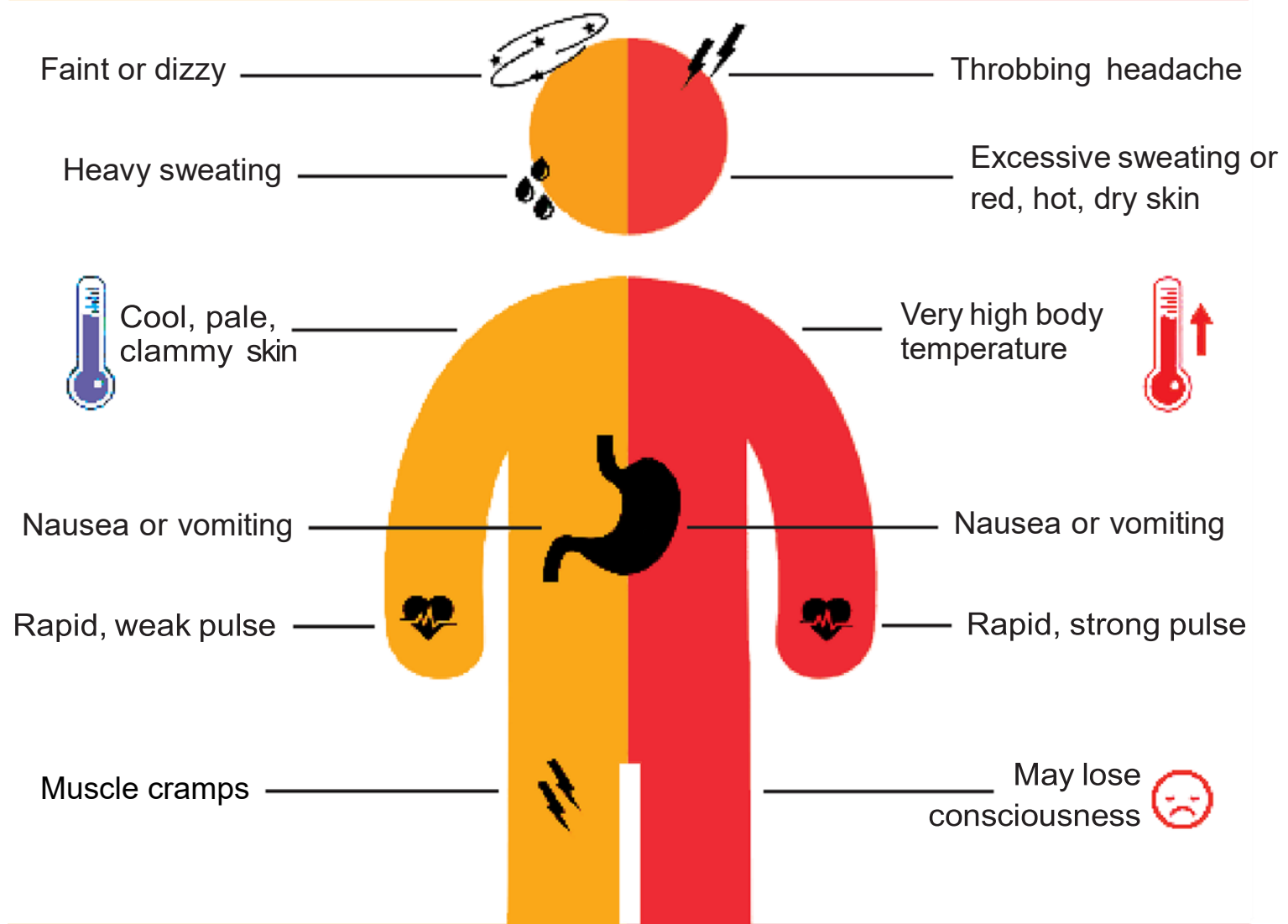


Prevent Heat Illnesses. Know the Signs and Act.

HEAT EXHAUSTION OR HEAT STROKE



CALL 9-1-1

- 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



**Seek Immediate Medical Assistance for Heat Related Illnesses.
Call 9-1-1.**