

BEAT

THE

HEAT



SIGNS OF HEATSTROKE

Body is hot to the touch or person is in hot environment PLUS any of the following symptoms:

 **Unconsciousness**

 **Stumbling**

 **Agitation**

 **Confusion**

 **Seizures**

Heatstroke is a medical emergency!

Call 911 and start cooling the person with water, ice packs, wet towels, and fans.

For More
Heat Safety
Resources

