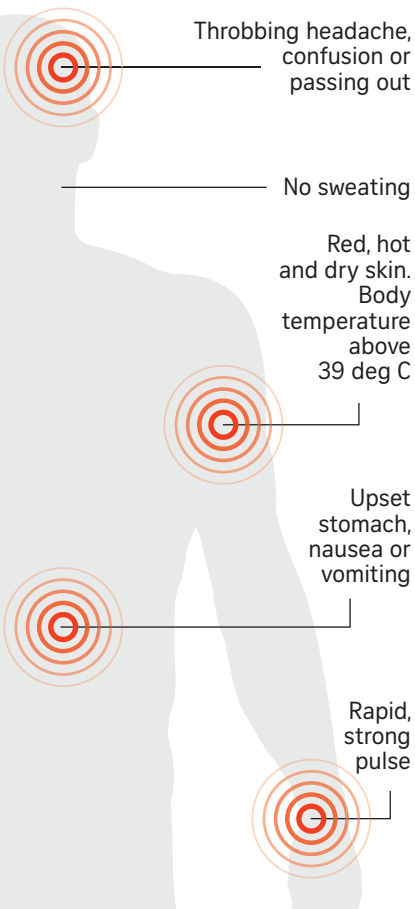


# Signs of heatstroke



## WHAT TO DO

- Call for immediate medical attention
- Move the affected person to the shade or a cooler place
- Do not give the person fluids if unconscious
- Cool the person with immersion in cool water or by placing ice packs on the neck and groin areas

## HELP OTHERS STAY SAFE IN EXTREME HEAT

- Do not leave children or pets in a car, even if the windows are open and the vehicle is parked in the shade
- Check on infants, children and the elderly frequently for signs or symptoms of heat-related illnesses
- Encourage friends and relatives to check on family and neighbours who might be more at risk, especially those who live alone, to ensure they are staying cool and hydrated
- Monitor people with medical conditions that may make them more at risk to the negative impacts of extreme heat. Some chronic health conditions, like diabetes or kidney disorders, can be made worse by heat exposure.

## TIPS TO PREVENT HEATSTROKE

