

KNOW THE SIGNS AND SYMPTOMS

Many signs and symptoms of heat exhaustion can overlap with heat stroke. When in doubt, call 911!

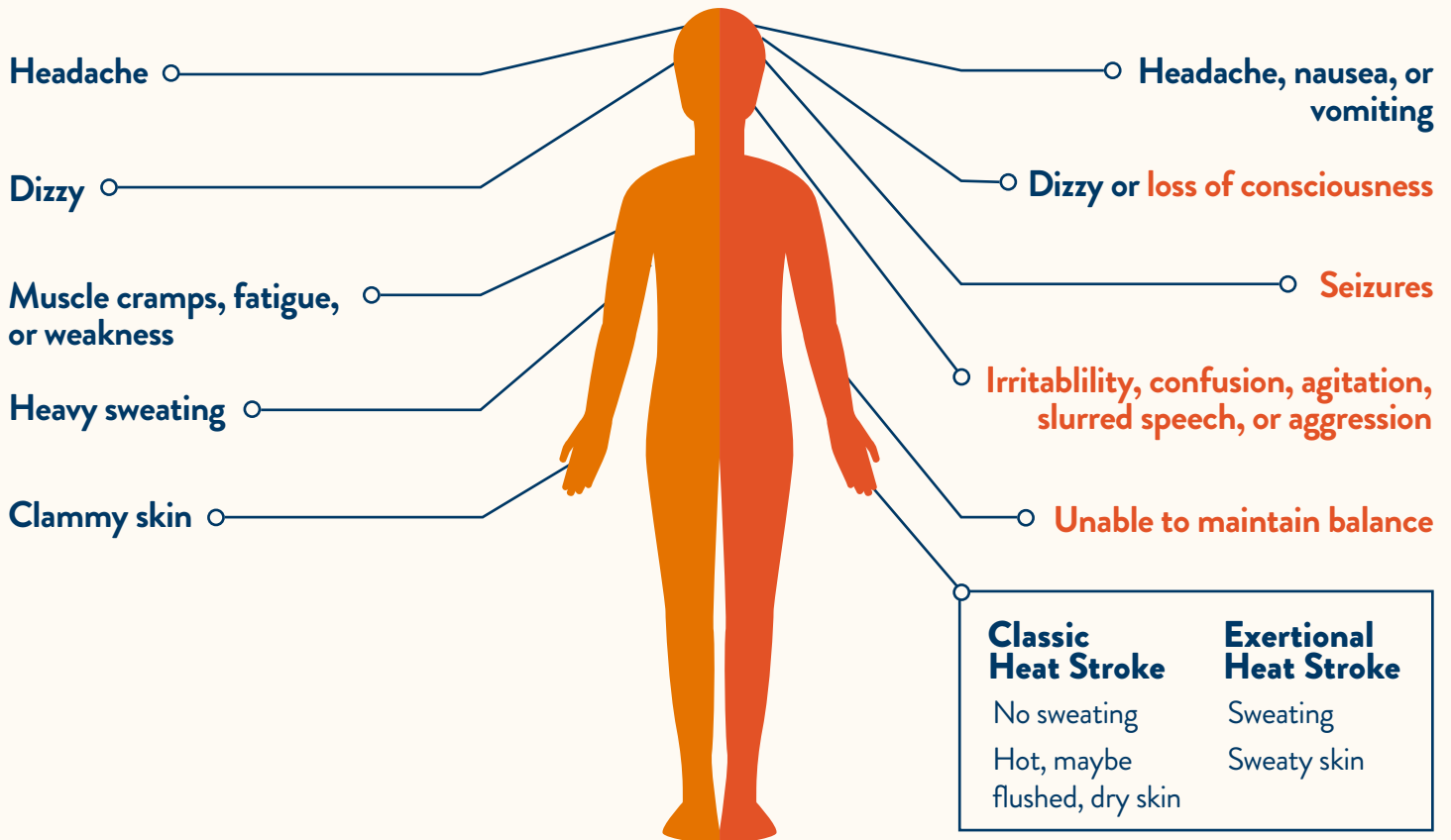
HEAT EXHAUSTION

Heat exhaustion can develop from exposure to heat or working/exercising in it.

HEAT STROKE

Heat stroke is a medical emergency.

It can develop quickly when working or exercising in heat (exertional heat stroke) or gradually over a few days of prolonged heat (classic heat stroke).



WHAT TO DO

MOVE to a cool, shaded place.
REMOVE all clothing possible.
USE cool cloths, a cool bath, or a cool shower to lower body temperature.
FAN wet skin to speed cooling.
DRINK cool water or an electrolyte solution.

CALL 911 if symptoms worsen, last more than an hour, or if there is chest pain or shortness of breath.

WHAT TO DO

CALL 911 IMMEDIATELY!

Heat stroke is a medical emergency.
COOL person down as fast as possible.
USE cold, wet towels or ice packs on their head, neck, armpits, groin, and skin, or put them in cold water (tub, shower, or bath).
FAN wet skin to speed cooling.
STAY with them to monitor breathing and watch for seizures.
DO NOT give them anything to drink.

DANGER

If a person who has been in a hot environment or exercising in the heat is confused, agitated, unconscious, or unable to maintain their balance, call 911 immediately!

STAY COOL MN