



Heat Exhaustion or Heat Stroke

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103°; Red, hot, dry skin
Rapid, weak pulse		Rapid, strong pulse
Nausea or vomiting		Nausea or vomiting
Muscle cramps		May lose consciousness

- * Remove from direct sunshine
- * Submerge in cool water or,
- * Apply cold compress to head
- * Cold shower
- * Lay down & raise feet
- * Give fluids

Seek Out Emergency Help

CALL 999

Continue cooling patient until help arrives

EXTREME HEAT

CAUSES MORE DEATHS each year than hurricanes, lightning, tornadoes, earthquakes, and floods

COMBINED!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

www.vdh.virginia.gov/Weather/ExtremeHeat.htm

www.cdc.gov/ephracking

Minimum alert	People should be aware of what to do if the alert level is raised
Level two alert	There is a high chance that a heatwave will occur within the next few days
Level three alert	When a heatwave is happening
Level four alert	When a heatwave is severe

REFERENCE	ISSUED	DISPLAY UNTIL
SHE-BUL-2022_009	June 2022	Sept 2022