

Heat-Induced Medical Emergencies and How to Prevent Them

Extreme heat exposure can be very dangerous, leading to medical emergencies such as heat cramping, heat exhaustion and heat stroke.

PREVENTION



Hydrate, avoiding caffeine and alcohol



Take cold baths and showers as needed



Monitor vulnerable people like elderly and children



Keep skin burn-free



Avoid strenuous activity from 10 a.m. to 5 p.m.



Slow down and move activities indoors

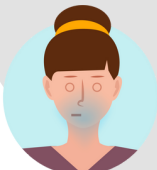
HEAT STROKE SYMPTOMS



FEVER
RED, HOT SKIN



VOMITING
NAUSEA



UNCONSCIOUSNESS



DIZZINESS



HEADACHE



RAPID
HEARTBEAT

Pay attention to how you and others around you feel during extreme heat.

Call 911 if someone you're caring for is:

- Unconscious
- Confused
- Not sweating

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