

# KNOW THE SIGNS AND SYMPTOMS

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

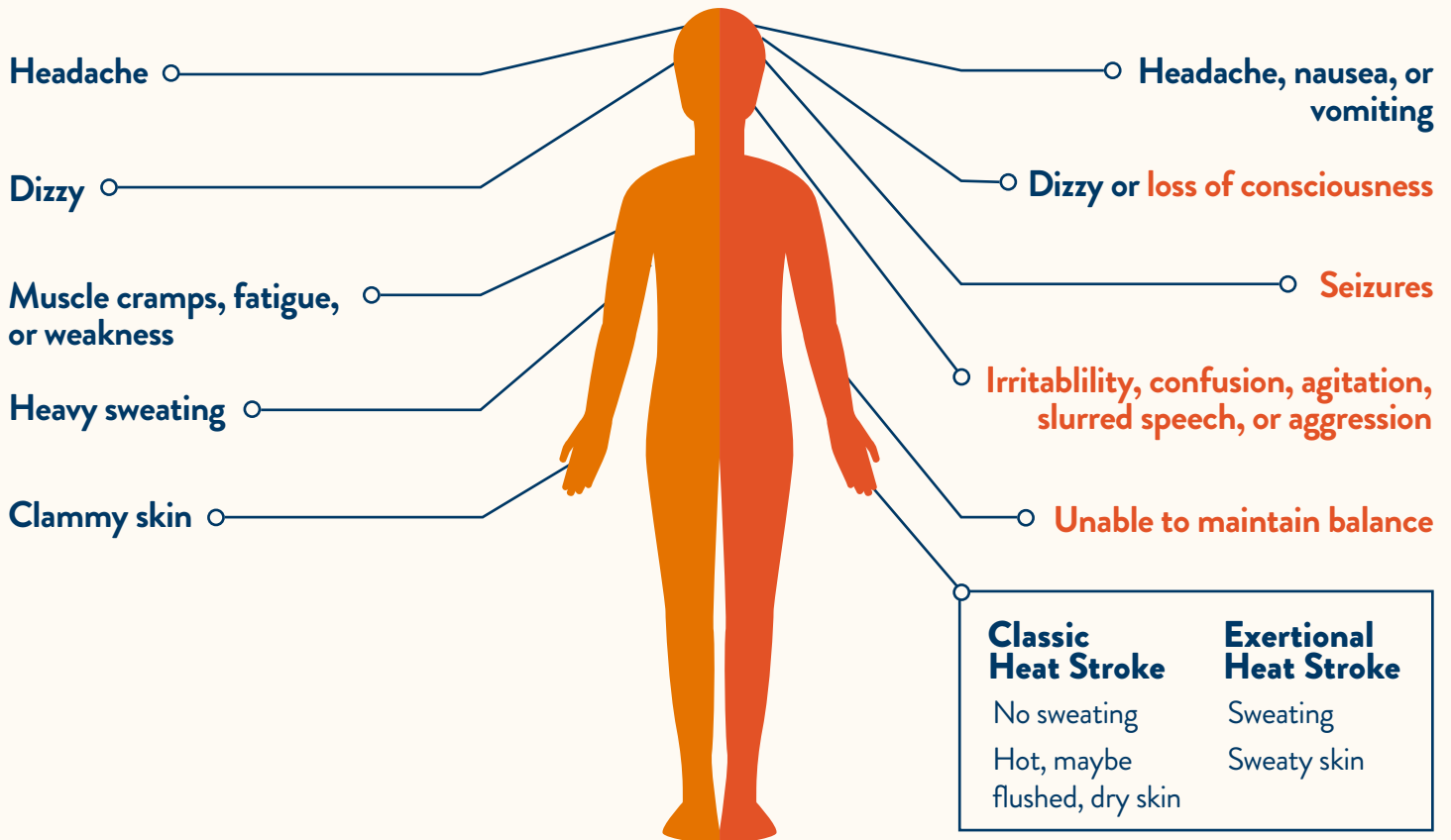
## HEAT EXHAUSTION

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**