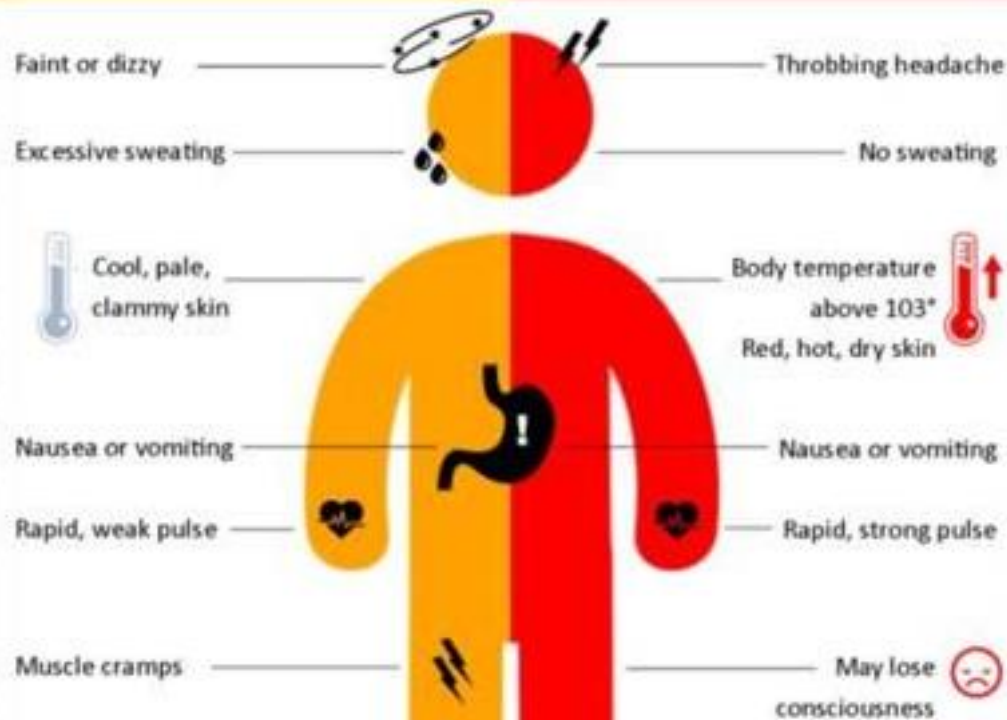


HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

Heat Safety Tips:

- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Wear loose-fitting, lightweight, light-colored clothing.
- Slow down. If possible stay indoors and avoid strenuous exercise during the hottest part of the day.
- If you must work outdoors, take frequent breaks.
- Check on family, friends and neighbors who do not have air conditioning. Children, the elderly, and the sick are especially vulnerable.
- Check on your animals. Make sure that they have enough water available.

BEAT THE HEAT

HEAT INDEX GUIDE

HEAT INDEX	LESS THAN 91 DEGREES	91 - 103 DEGREES	103 - 115 DEGREES	GREATER THAN 115 DEGREES
RISK LEVEL	LOWER	MODERATE	HIGH	EXTREME
PROTECTION	BASIC HEAT SAFETY	USE PRECAUTIONS AND AWARENESS	USE ADDITIONAL PRECAUTIONS	AGGRESSIVE PRECAUTIONS