

KNOW THE SIGNS

HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



WHAT TO DO

- Lie down in shade or air-conditioning
- Drink plenty of water
- Keep cool with a cold compress, shower or bath

HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsions, seizures or coma
- May be sweating; skin may feel deceptively cool

WHAT TO DO

Call 000 immediately

Reduce temperature until ambulance arrives

