

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 water
- > Cool compress or tea towel
- > Cool 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

