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


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