# **KNOW THE SIGNS**

• Weak, rapid pulse

Sweating heavily

Raised body

temperature

### HEAT EXHAUSTION Poor coordination

- Headaches
- Nausea and vomiting
- Fatique, weakness and restlessness
- Thirsty
- Anxiety

### 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

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> Reduce temperature until ambulance arrives

#### www.sahealth.sa.gov.au/healthyintheheat





