



Heat Exhaustion -

when the body overheats, but it can cool itself down

Look for



tiredness, dizziness and/or weakness



headache



muscle cramps



feeling/being sick



heavy sweating



intense thirst



fast breathing



high temperature



Action

- move to a cooler place in the shade
- remove all unnecessary clothing
- drink a cool drink (not alcohol)
- cool skin – spray or sponge with cool water
- stay with them

Anyone affected should start to cool down and feel better within **30 minutes**.

If you are concerned about symptoms, or they are worsening, contact **NHS 111**.

In an emergency, or if you think someone has heatstroke, dial 999.



FIND COOL PLACE



DRINK WATER



COOL SKIN



DIAL 111



**Nottinghamshire
County Council**



**Nottingham
City Council**












Heatstroke -

when the body can't cool itself down and its temperature gets dangerously high



Look for

-  still unwell after 30 minutes of resting
-  loss of consciousness
-  very high temperature
-  confusion
-  lack of co-ordination
-  fast heartbeat
-  fast breathing or shortness of breath
-  hot skin that is not sweating
-  seizures

Action

Heatstroke is a medical emergency

- dial 999 and then try to cool them down
- move to a cool place
- remove all unnecessary clothing
- cool skin – spray or sponge with cool water
- put them in the recovery position if they lose consciousness while waiting for help
- stay with them

In an emergency, or if you think someone has heatstroke, dial 999.



DIAL 999



FIND COOL PLACE



COOL SKIN



RECOVERY POSITION