

# **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



DIAL 111







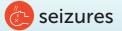
## **Heatstroke -**

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



#### **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.











COOL REC

