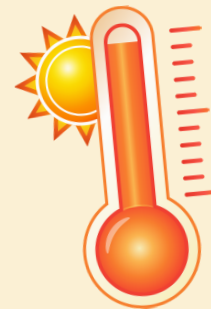




BEAT THE HEAT!



Know the difference between Heat Exhaustion vs Heat Stroke

Heat illnesses can escalate quickly.

Recognizing the signs of Heat Exhaustion vs. Heat Stroke can save a life.

HEAT EXHAUSTION

Your body is overheating and struggling to cool itself down.



Look for these signs:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea, vomiting, or headache
- Dizziness, weakness, or fainting

What you should do:

Move to a cool, shaded, or air-conditioned place.

Loosen or remove excess clothing.

Sip cool water (do not chug).

Cool down with wet cloths or a cool bath.

Seek medical help if symptoms worsen or last longer than 1 hour.

HEAT STROKE

Your body's cooling system has completely failed. Call 911 immediately.



Look for these signs:

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Confusion, slurred speech, or dizziness
- Losing consciousness or fainting

What you should do:

- **Call 911 right away.**
- **Move** the person to a cooler place immediately.
- **Lower their temperature** with cool cloths, ice packs, or a cool bath.
- **DO NOT** give them anything to drink.

A Quick Rule of Thumb:

Heat Exhaustion: The person is usually sweating heavily and skin feels cold/clammy.

Heat Stroke: The person is often confused, and their skin feels hot to the touch. When in doubt, call 911.

3 Golden Rules for Heat Safety

- **Hydrate First:** Drink plenty of fluids before you feel thirsty. Avoid alcohol and sugary drinks, which dehydrate you faster.
- **Dress Smart:** Wear lightweight, light-colored, and loose-fitting clothing.
- **Watch the Clock:** Limit strenuous outdoor activity during peak sun hours (10:00 AM to 4:00 PM).

For more information on on heat-related illness, visit:

cdc.gov/niosh/heat-stress/about/illnesses.html



County of Morris
Department of Law & Public Safety
Division of Public Health
P.O. Box 900
Morristown, NJ 07963-0900
(973) 631-5184



Public Health
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