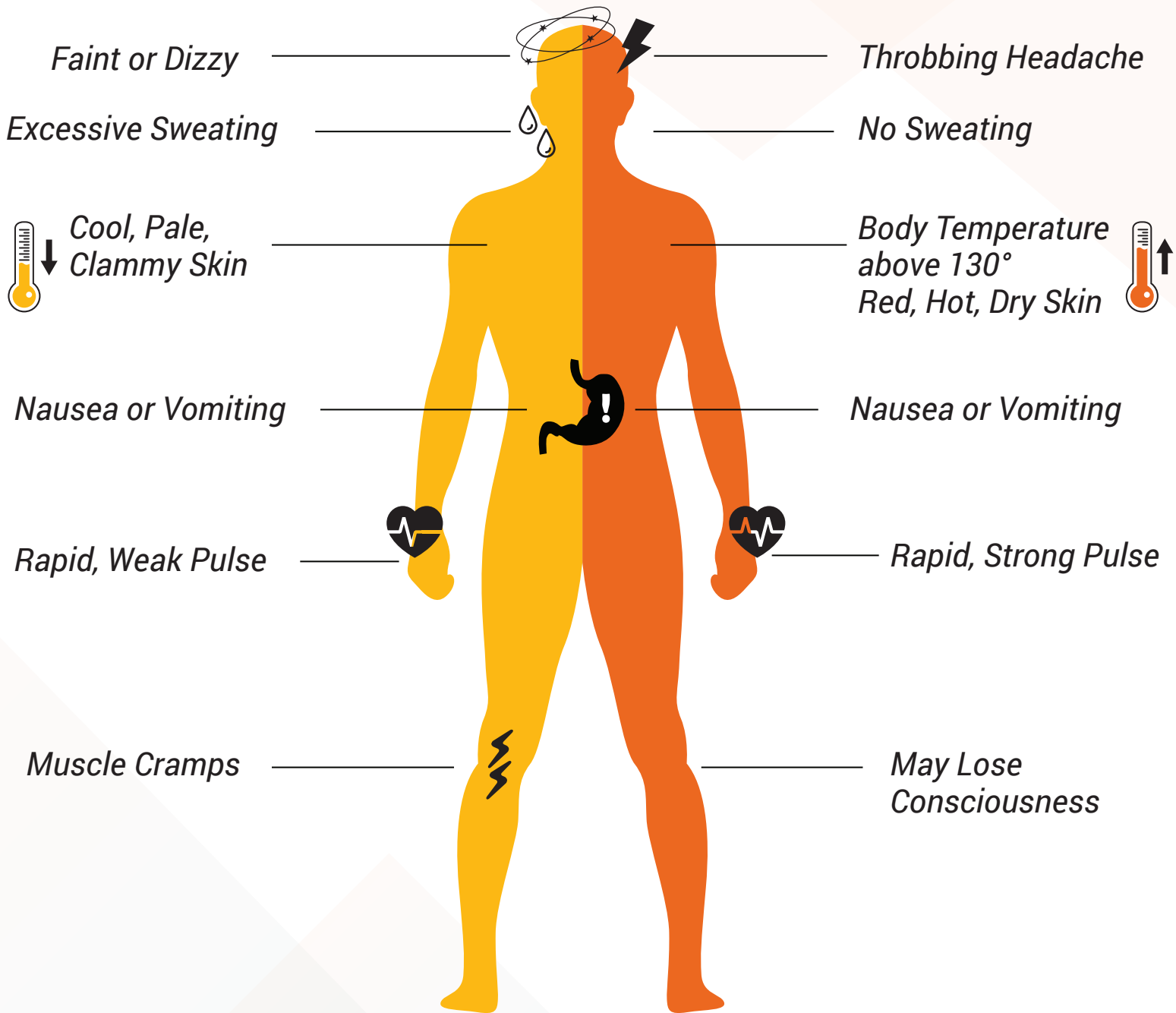


# KNOW THE DIFFERENCE!

## HEAT EXHAUSTION

OR

## HEAT STROKE



- Get to a cooler, air conditioned place
- Sip water if fully conscious
- Take a cool shower or use cold compresses
- Lie down, loosen clothing

# CALL 9-1-1

Take immediate action to cool the person until help arrives