

Heat Stress



- Heavy sweating
- Nausea or vomiting
- Muscle cramps
- Headache
- Fatigue

- Drink water/electrolyte drinks
- Cool down with fan or A/C
- Loosen clothing
- Move to a cooler place
- Rest



Heat Exhaustion



- Heavy sweating
- Muscle cramps
- Nausea or vomiting
- Weakness
- Dizziness
- Headache
- Fainting

- Move to a cool place
- Loosen clothing
- Drink water
- Place cold cloths on body and change frequently to keep cool
- Take a cold bath/shower
- Seek medical attention



Heat Stroke



- Hot, red, dry or damp skin
- Confusion
- Nausea
- Irritability or aggression
- Fainting
- Weakness

- **Call 911 immediately**
- Move to cooler place
- Take a cold bath/shower
- Place cold cloths or ice packs on body
- Remove outer clothes





Check on Your Neighbor When There is a Heat Health Alert

- Help your neighbor find a cool place like a library or another neighbor's home
- Encourage them to drink lots of water
- Know the signs of heat related illness and **call 911 if there is an emergency**

In case of emergency call 911

For more information go to
www.cdc.gov/disasters/extremeheat/faq.html



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health



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Don't Like the Taste of Water? Try Adding...

- Lemons
- Limes
- Strawberries
- Oranges
- Mint
- Thyme
- Cucumber
- Lavender

