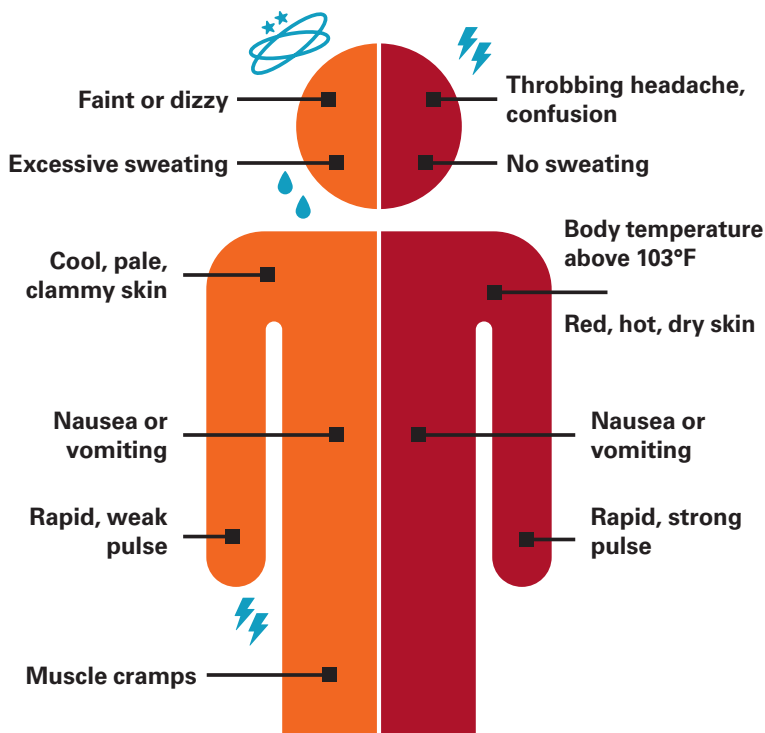


SIGNS OF HEAT ILLNESS

Heat Exhaustion

Heat Stroke

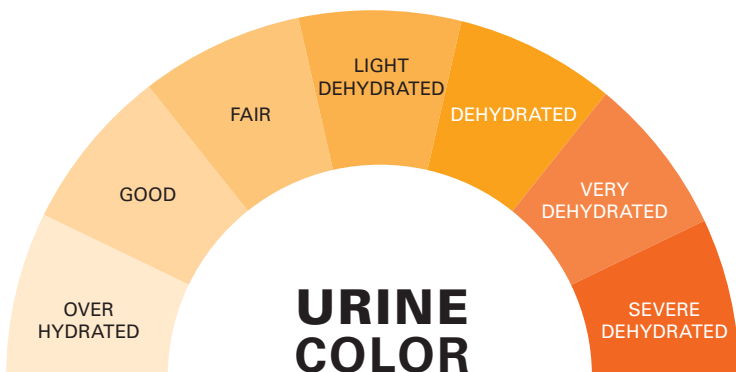


TAKE ACTION

MOVE to a cooler place
COOL with ice/cold water and lay down
DRINK cool water or sports drinks
CALL 9-1-1 if symptoms last longer than 1 hour

CALL 9-1-1 IMMEDIATELY
MOVE the person to a cool, shaded area
COOL the person with a cold water or ice bath, or by placing ice packs on the neck, armpits, and groin areas

URINE COLOR



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