



Water Rest Shade

- Always keep water nearby
- Take frequent sips of water
- Take short frequent breaks in the shade
- Wear light and loose-fitted clothing
- Know the signs and symptoms of heat illness

**Nothing slows you down faster than
dehydration!**



Southwest Center

FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Do you know the signs?

Heat Exhaustion

- Heavy sweating
- Cold, pale, & clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Passing out



Heat Stroke

- 103°F or higher body temp.
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness/
Passing out

What to do:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

What to do:

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

