

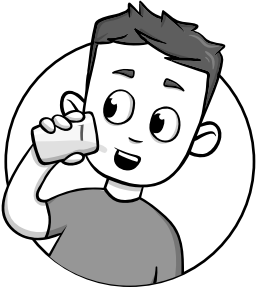


# HEAT STRESS

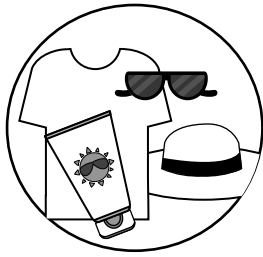
---

## Prevention

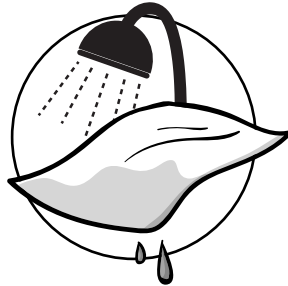
---



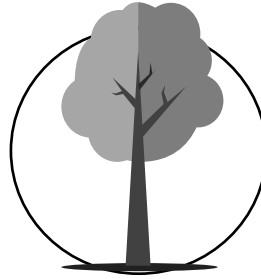
Stay hydrated



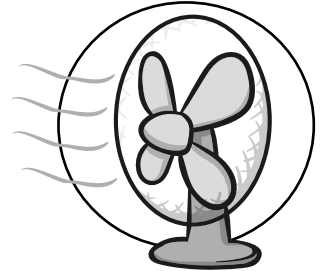
Sun protection



Cold compress/  
shower



Take breaks  
in the shade



Use a fan

---

## Symptoms

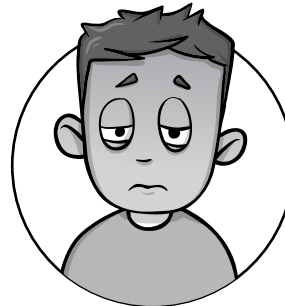
---



Heavy sweating



Dizziness



Red skin

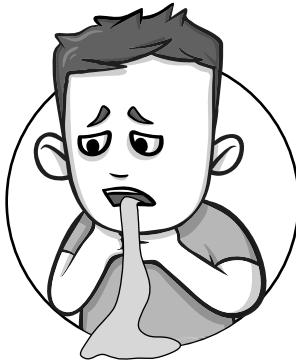


Nausea

---

## Call for medical advice if...

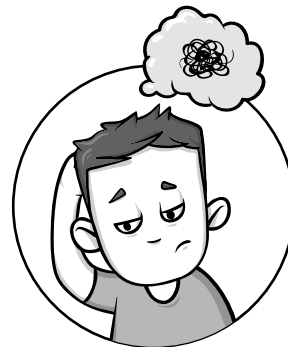
---



Vomiting



Fainting or  
unconscious



Confusion

