



HEAT EXHAUSTION or HEAT STROKE

Did You Know?

- ◆ A child's body heats up three to five times faster than an adult's body?
- ◆ Heatstroke deaths have been recorded in 11 months of the year in nearly all 50 states?
- ◆ More than half of heatstroke deaths occurred when a distracted caregiver forgot a quiet child was in the vehicle?

Signs & Symptoms...

Heat Exhaustion:

- Headache
- Increased sweating
- Cool, clammy skin
- Fever (less than 105°F)
- Increased thirst
- Weakness
- Fainting
- Muscle cramps
- Nausea and vomiting
- Irritability

Heat Stroke:

- Severe headache
- May not be sweating
- Flushed, hot, dry skin
- Fever of 105°F or higher
- Confusion
- Weakness and/or dizziness
- Loss of consciousness
- Rapid breathing
- Rapid heartbeat
- Seizures

What should you do?

Seek emergency medical care immediately....call **911**

Better yet....teach your kids to:

- ◆ Drink lots of fluids!
- ◆ Wear light colored loose clothing!
- ◆ Avoid heavy activity during hottest times of day!
- ◆ Find help if not feeling well or overheated!



A Safety Message from **Medina County Safe Communities.**