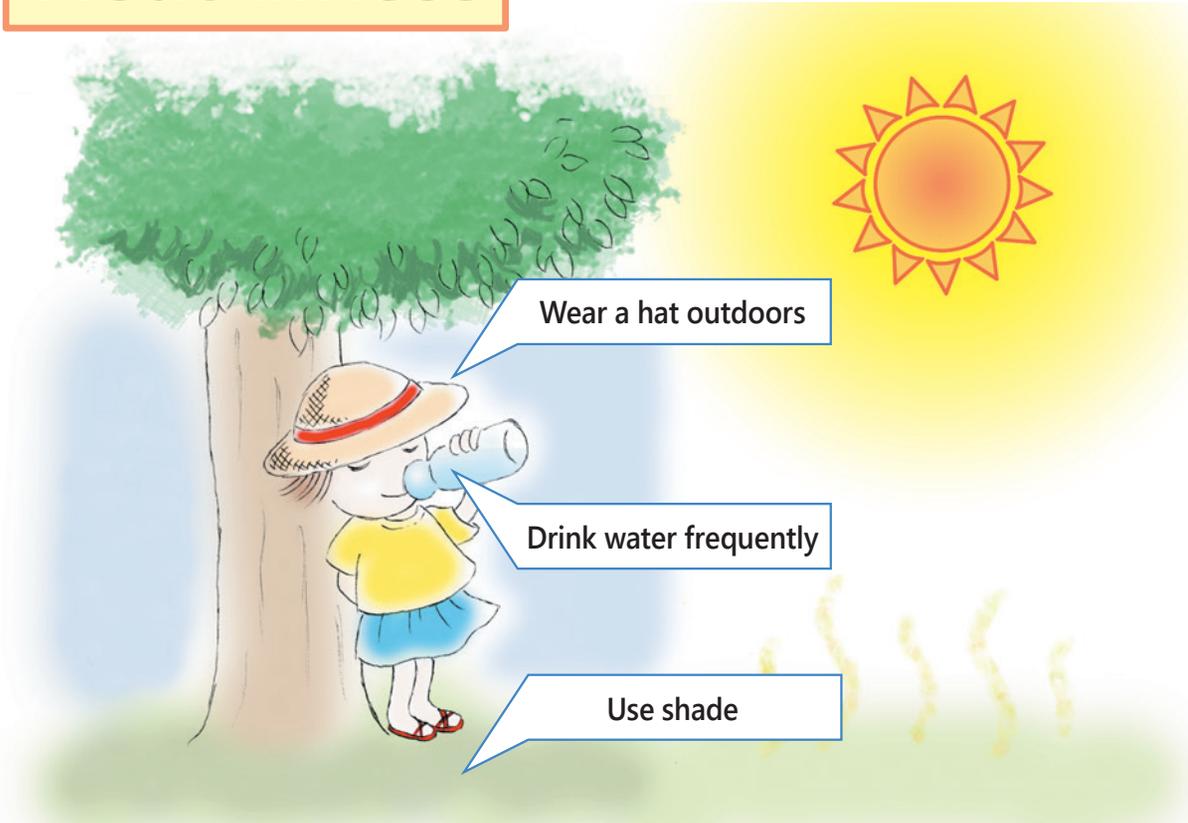


Heat illness

Prevention is key for heat illness!

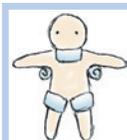


If a physical abnormality occurs



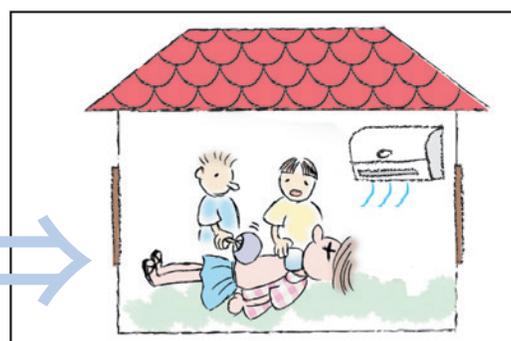
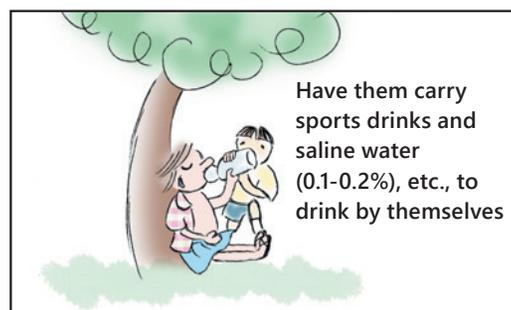
- Go to a cooler place
- Loosen clothing

- Cool your body by spraying water or placing a wet towel and fanning it

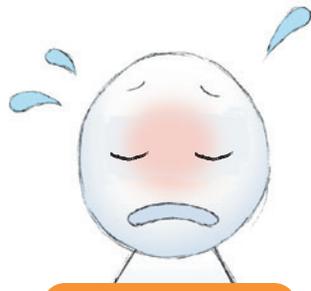


Cool the armpits, the neck on both sides and the groin, where large blood vessels are located

- If you sweat a lot, don't forget to replenish salt! Be careful when the humidity is high and there is no wind!



If any of these symptoms are present...



Severity I
(Mild)

Consciousness is clear

Numbness in hands and feet

Dizziness or lightheadedness

Muscle cramps (painful)

On-site response and observation

Take shelter in a cool place, loosen clothing, keep the body cool, and replenish water and salt. Someone stays with the person and watches over them. If they don't get better, go to the hospital.



Severity II
(Moderate)

Nausea/vomiting

Head hurts (headache)

Body feels sluggish (fatigue)

In a strange state of consciousness

Seek medical attention

Seek medical attention promptly.



Severity III
(Severe)

Unconscious

Strange response when spoken to

Body twitching (convulsions)

Cannot walk or run straight

Body feels hot

Call an ambulance

Call an ambulance and actively cool the person until it arrives.

