

postal|bulletin

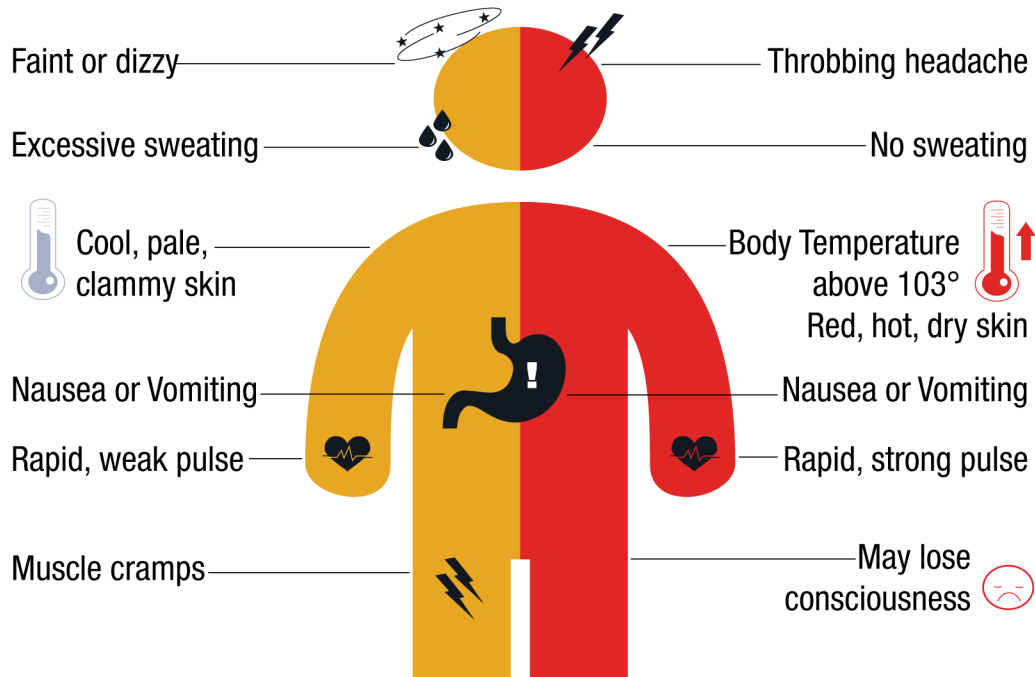
PUBLISHED SINCE MARCH 4, 1880

Prevent Heat Illnesses. Know the signs and act.

HEAT EXHAUSTION

OR

HEAT STROKE



- Call 9-1-1.
- Get to a cool, air-conditioned area.
- Drink water if able to.
- Take a cool shower or use a cold compress.

- Call 9-1-1.
- Take immediate action to help cool down the person until medical assistance arrives.



**Seek Immediate Medical Assistance for Heat-Related Illnesses.
Call 9-1-1.**

See page 3.