## postal|bulletin

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## Prevent Heat Illnesses. Know the signs and act.

## HEAT HEAT OR **EXHAUSTION STROKE** Throbbing headache Faint or dizzy-**Excessive** sweating No sweating **Body Temperature** Cool, pale, clammy skin above 103° Red, hot, dry skin Nausea or Vomiting Nausea or Vomiting Rapid, weak pulse Rapid, strong pulse May lose Muscle cramps consciousness (

- 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.

