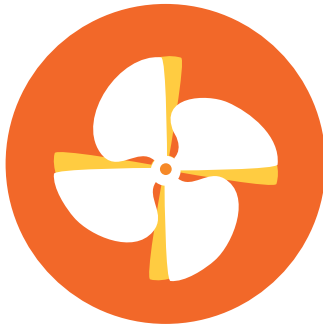


HEAT EXHAUSTION TREATMENT



LOWER BODY TEMPERATURE

COOL ENVIRONMENT—A/C , FANS OR SHADE

LOOSEN OR REMOVE UNNECESSARY CLOTHING

ICE TOWELS ON SIDES AND BACK OF NECK, ARMPITS AND GROIN OR COOL SHOWER



REHYDRATE

DRINK PLENTY OF FLUID—WATER, JUICE, SPORTS DRINK

AVOID CAFFEINE AND ALCOHOL

EAT A SALTY SNACK (PRETZELS OR PEANUT BUTTER CRACKERS)



STOP ALL ACTIVITY

ALSO RECOMMENDED TO GIVE YOURSELF A BREAK FROM THE HEAT FOR 24 HOURS

BE AWARE THAT SENSITIVITY TO HEAT CAN PERSIST FOR A WEEK AFTER EXPERIENCING HEAT EXHAUSTION



SEE A HEALTHCARE PROVIDER

IF AFTER PROVIDING THESE MEASURES THE INDIVIDUAL'S CONDITION CONTINUES TO DETERIORATE, SEEK EMERGENCY MEDICAL HELP, BECAUSE UNTREATED HEAT EXHAUSTION CAN PROGRESS TO HEAT STROKE

STAY HYDRATED.