



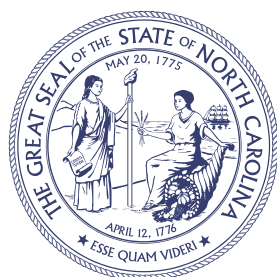


BEAT THE HEAT: How to Stay Cool without AC

KNOW THE SIGNS	PLAN YOUR RESPONSE
<p>HEAT CRAMPS</p> <p>Heavy sweating Muscle cramps and spasms</p>	<p> Fans Useful for healthy adults up to 100 ° and individuals with chronic conditions up to 98 °</p>
<p>HEAT EXHAUSTION</p> <p>Heavy sweating Dizziness Headache Fast, weak pulse Thirst Irritability Nausea</p>	<p> Cool Foot Bath Above ankles, 68° water</p> <p> Cool Shower 5-15 minutes</p> <p> Wet Clothing Repeat every 60 minutes</p>
<p>HEAT STROKE</p> <p>Hot dry skin Confusion Loss of consciousness Fast, strong pulse Body temperature of 103°</p>	<p> CALL 911</p> <p>Sip cool liquids if alert and awake</p> <p>Move to a cool environment, if possible, or wipe down with cool towels</p> <p>Heat stroke can cause death or disability without emergency treatment</p>



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