

Knees weak? Palms sweaty? Don't blame your mom's spaghetti.

These could be signs of **Heat-Related Illness**

Signs of Heat Exhaustion

- Fatigue
- Irritability
- Thirst
- Nausea or vomiting
- Dizziness or lightheadedness
- Heavy sweating
- Elevated body temperature or fast heart rate

COOL DOWN IMMEDIATELY

Signs of Heat Stroke

- Confusion
- Slurred speech
- Unconsciousness
- Seizures
- Heavy sweating or hot, dry skin
- Very high body temperature
- Rapid heart rate

SEEK MEDICAL ATTENTION



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