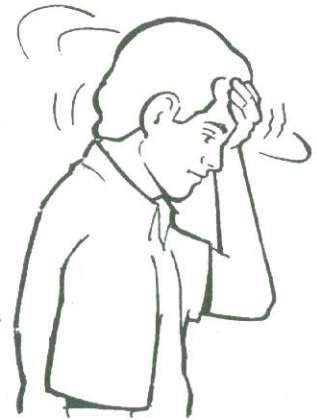


HEAT ILLNESS

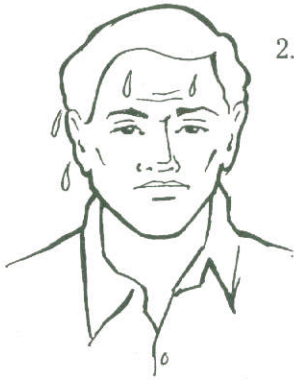


What happens:

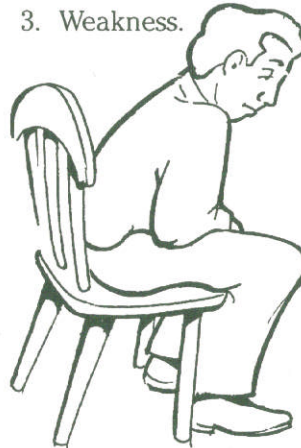
1. Headache, dizziness.



2. Heavy sweating.

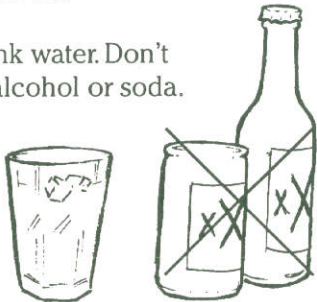


3. Weakness.



What to do:

1. Drink water. Don't drink alcohol or soda.



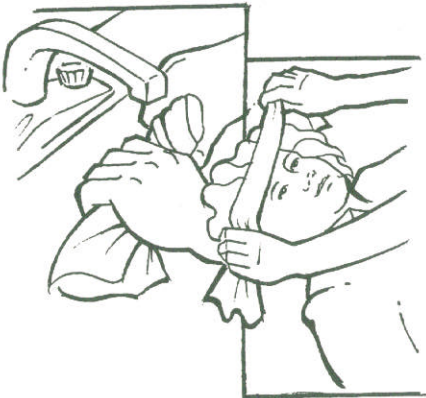
2. Get out of the sun.



3. Loosen tight clothes.



4. Put cool, wet cloths to skin.



5. Get emergency care if person becomes confused.

