

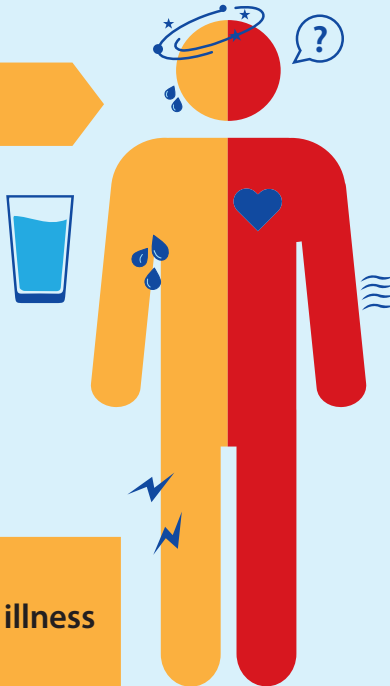
Symptoms of Heat Exhaustion and Heatstroke

Heat Exhaustion

- tiredness
- weakness
- feeling faint
- headache
- muscle cramps
- feeling or being sick
- heavy sweating
- intense thirst

Be Safe

- Look out for signs of heat related illness
- Cool down as soon as you can



Heat Stroke

- confusion
- lack of co-ordination
- fast heartbeat
- fast breathing or shortness of breath
- hot skin that is not sweating
- seizures



act fast

Get help. Call NHS 111
or in an emergency 999.



Scan the QR for
more information