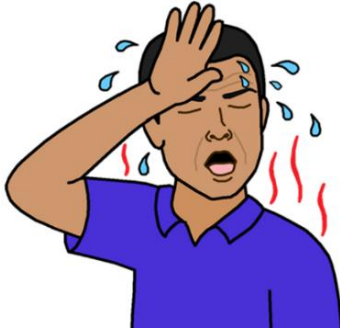




It is hot. You can get sick.

What can you do?

Blank page



Hot weather can make you sick.

You can get heat stroke. It is very bad.

You can die.



It is things like

1. Your body hurts.
2. You feel sick.
3. Heat stroke.



Read

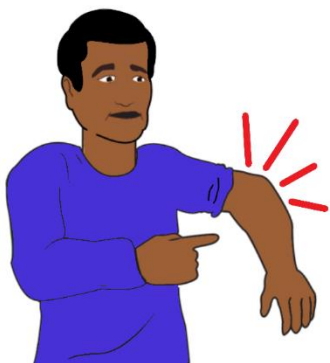
It is hot. Who can get sick?



1. Your body hurts



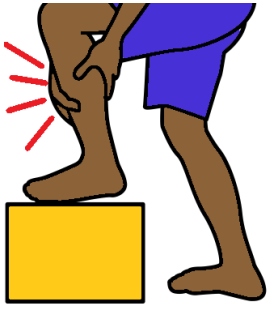
Your muscles hurt.



Your body may have short sharp movements.

You can **not** stop them. We call it a

- twitch
- spasm.



It may be in your

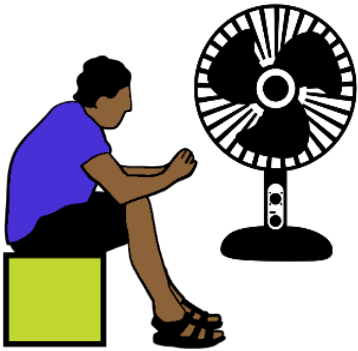
- legs
- arms
- tummy.



We call this heat cramps.

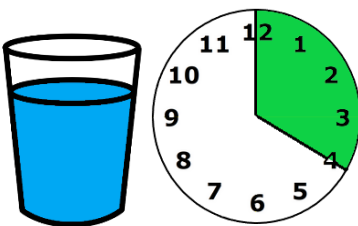


What you can do?



Sit in a cool place. Like

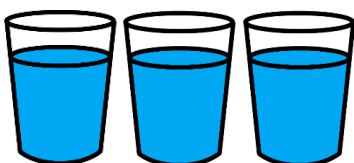
- near a fan
- in air conditioning
- in the shade.



Drink cool water.

Drink 1 cup. It is the same as 250 ml.

Do this each 20 minutes.



It is the same as 3 cups each hour.



Rest. Wait 1 hour.



You wait 1 hour. You do **not** feel better.

Or

Sun	Mon	Tue	Wed	Thur	Fri	Sat
✗	✗	✗	✗	✗		

Your body hurts again. It is each day it is hot.



See your doctor.



2.You feel sick

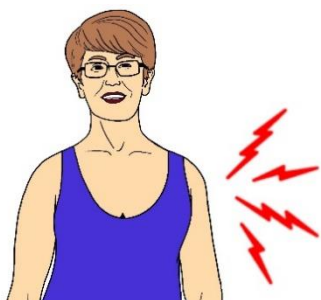


You may

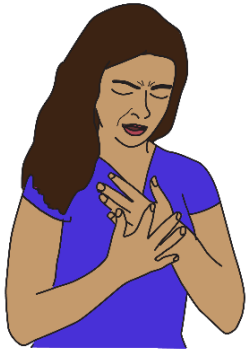
- be dizzy
- look pale
- sweat a lot.



You may have a head ache.



Your body hurts. You get cramps. You feel weak.

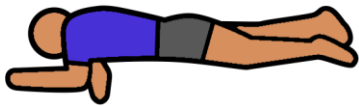


Your heart may be very fast. You can feel it.



You may feel sick in the tummy.

You may throw up.



You may faint. You are **not** awake.



We call this heat exhaustion.



What you can do



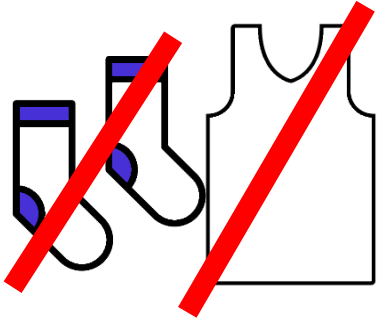
You throw up. You think you will throw up again.



Do **not** drink water. Wait to feel better.



See your doctor.



You are at home. Take off your clothes.

It helps you cool down.



You are **not** at home.

You can **not** take off your clothes.

You can wet your clothes.



You can take off some clothes. Like your shoes.

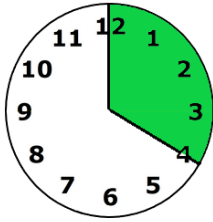


Lie down. Stay cool with a

- air conditioner



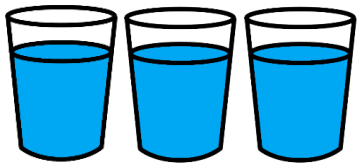
- fan.



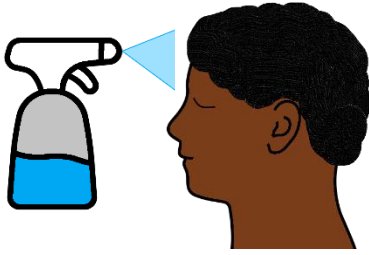
Drink cool water.

Drink 1 cup. It is the same as 250 ml.

Do this each 20 minutes.



It is the same as 3 cups each hour.



Wet your skin. You can use

- cool water
- a cool wet cloth.



You wait 1 hour.

You still feel bad. You do **not** feel better.

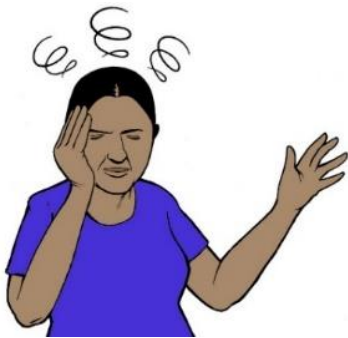


See your doctor.



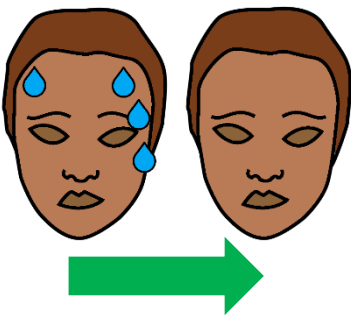
3.Heat stroke

Heat stroke can kill you. You must act fast.

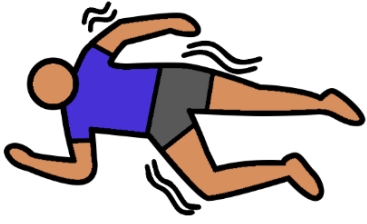


You may feel

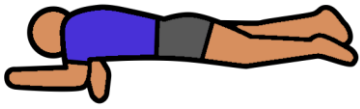
- sick
- dizzy
- confused. You can **not** think.



Your sweat may stop.



You may fall down. You may have fits.



You may faint. You are **not** awake.



What you must do

You are with a person. They have heat stroke.



Call **000**. Ask for an ambulance.

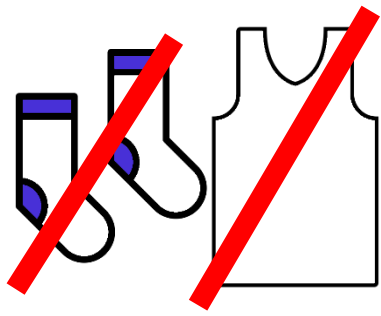


Move the person to a cool place. Like



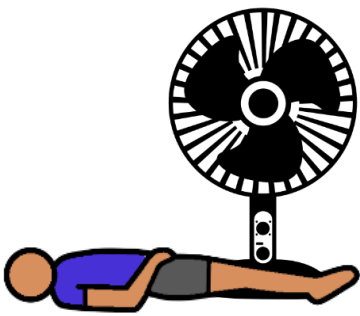
- in air conditioning
- in the shade
- where there is a breeze.

Help them lie down.



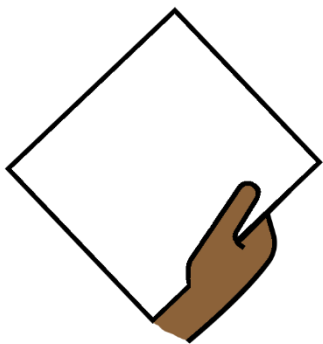
Help them take off some clothes. Like their

- socks
- singlet
- shirt
- long pants.



Cool them with a fan.

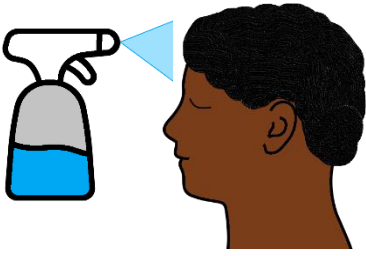
Or



Fan them with

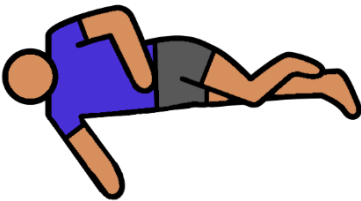
- paper
- cardboard
- a piece of clothing.

Do **not** stop.



Wet their skin. You can use

- cool water
- a cool wet cloth.



They are **not** awake. Lie them on their side.

Check they can breathe.



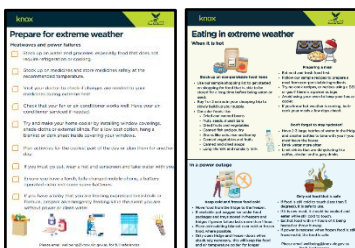
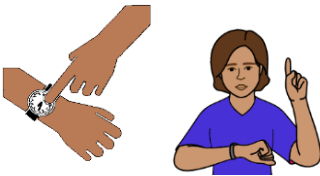
Wait for the ambulance.

Images



We can use these images. They are from

- Change People
- The Noun Project
- Picto Selector
- Tobii-Dynavox.



This fact sheet is based on information from Knox City Council. Prepare for Extreme Weather.