Hot Days, Safe Ways.

KEEP COOL. LOOK AFTER COMMUNITY



KNOW THE SIGNS

Heat-related sickness

EARLY SYMPTOMS MAY INCLUDE:

- Heavy sweating
- Thirst
- Bright or dark urine
- Headache
- Dizziness or light-headedness
- Nausea
- Loss of appetite
- Irritability
- Tiredness or weakness
- Muscle cramps (usually in the legs or stomach)

These symptoms often improve with rest, cooling down and drinking water.



Heat exhaustion

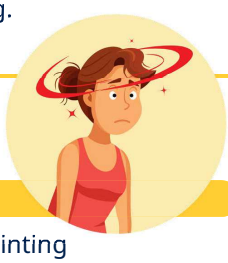
Heat exhaustion develops when early symptoms worsen or are not treated.

SYMPTOMS MAY INCLUDE:

- Pale skin and/or lots of sweating
- Worsening tiredness or weakness
- Restlessness
- Fainting or feeling like you may faint
- Fast, weak pulse
- Rapid, shallow breathing
- Nausea or vomiting
- Worsening headaches and dizziness

WHAT TO DO FOR HEAT EXHAUSTION:

- Move to a cool place, lie down and remove excess clothing.
- Cool the body with a cool shower or bath and place cool, wet cloths on the forehead, wrists, sides of neck, underarms and groin area.
- Give small sips of cool water or diluted fruit juice or cordial (1 part juice in 4 parts water).
- Call **Triple Zero (000)** if the person becomes unconscious or starts vomiting.



Heatstroke

Heatstroke is a medical emergency and a severe form of heat-related illness.

SYMPTOMS MAY INCLUDE:

- Confusion
- Poor coordination or slurred speech
- Hot, dry skin, possibly not sweating
- Fast, shallow breaths
- Rapid pulse
- Extreme tiredness
- Headache
- Fainting
- Vomiting and diarrhoea
- Loss of consciousness

WHAT TO DO FOR HEATSTROKE:

- Check the person's airway, breathing and pulse - if unresponsive, commence CPR.
- If possible, move the person to a cool place, lie them down and remove excess clothing.
- Cool your body with cool, wet cloths.
- Use a fan to stay cool if possible.
- Give them small sips of cool water or diluted fruit juice or cordial (1 part juice in 4 parts water) if conscious and able to swallow.
- Do not give medications unless prescribed.



In an emergency, call **Triple Zero (000)** immediately.

For more information visit www.health.qld.gov.au/heatsafe

Metro North Health | Queensland Government