



BlueResource<sup>SM</sup> – Protecting Your Health – Preventing Heat Stroke

# A Deadly Health Risk Is Heating Up

Extreme temps can cause heat stroke, which can be deadly. When your core temperature hits 104°F or higher, your organs and central nervous system can be damaged or shut down. Know how to protect yourself and others.

## Watch for these warning signs:

- dry skin, no sweat
- confusion, agitation, slurred speech
- nausea and vomiting
- shallow breathing
- rapid heart rate
- head pain

## Act fast to cool your body:

- find shade or air conditioning
- take off extra clothing
- slowly sip water or a sports drink
- place ice packs on the head, neck and armpits
- spray or mist skin with cool water
- call **911** for help



**Keep cool during extreme heat.**

Sources: Heat Stroke. Mayo Clinic. 2023.  
Heat Stroke Isn't Just a Short-Term Danger. Time 2024.

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