

## **HEAT STROKE/SUN STROKE**

**NOTE: This is a medical EMERGENCY  
and potentially fatal**

| <b>STEP</b> | <b>ACTION</b>   | <b>✓</b> |
|-------------|---|----------|
| <b>1</b>    | <b>Look for hot, dry, bright pink skin, high temperature, dizziness, nausea, fast pulse, delerium, no sweating.</b>                                 |          |
| <b>2</b>    | <b>Lower body temperature IMMEDIATELY by immersion in water, fanning, use ice if available. Remove clothing. Give cool salt water if conscious.</b> |          |
| <b>3</b>    | <b>Seek medical aid; evacuate as URGENT; continue to cool.</b>  |          |

**Notes:**