

HEAT ILLNESS



What happens:



2. Heavy sweating.



What to do:

1. Drink water. Don't drink alcohol or soda.

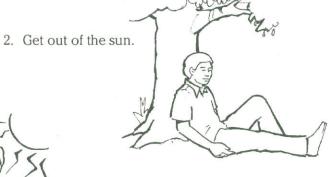


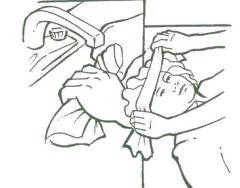


3. Loosen tight



5. Get emergency care if person becomes confused.





4. Put cool, wet cloths to skin.

