WHAT TO DO IF YOU SEE SIGNS OF HEAT STROKE

Heatstroke is a potentially fatal medical emergency. Seek medical attention immediately if you or others feel faint, dizzy or nauseous, stop sweating, or lose consciousness.

It's crucial to take heatstroke seriously and act quickly, as delays can lead to severe complications or even death.

1. CALL FOR EMERGENCY MEDICAL HELP
Dial emergency services immediately to get professional medical assistance on the way before doing anything else.

2. AGGRESSIVE COOLING
Use any available means to cool the person down while waiting for medical help. Loosen or remove any unnecessary clothing to help the person cool down. Move the person to a shady or air-conditioned location immediately and apply cold, wet cloths or towels to their body. Use ice packs and fans if available or immerse in a cold-water bath if possible and safe.

3. MONITOR UNTIL HELP ARRIVES
Keep a close eye on the person's condition while waiting for medical assistance. Look for signs of improvement or deterioration.

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