

# LET'S BEAT THE HEAT

Be prepared for a heatwave and recognise heat stress symptoms

Hot days are more dangerous for outdoor workers, older adults, children, people with chronic illnesses, and during pregnancy.

## HEAT EXHAUSTION

### SYMPTOMS:

- Headache
- Dizziness
- Heavy sweating
- Cramps
- Nausea or vomiting

### WHAT TO DO:

- For medical advice call: 21 231 231
- Move to a cool place
- Loosen clothes
- Sip water



Heat stroke can cause death or disability.  
Call 112

## HEAT STROKE

### SYMPTOMS:

- Red, hot, dry skin
- Confusion
- Rapid pulse
- Throbbing headache
- Temperature above 40°C (104°F)
- Unconsciousness

### WHAT TO DO:

- Call 112
- Move the person to a cool place
- Apply cold water to the back of the neck

