

EXTREME HEAT

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# Know the signs of heat stroke

When temperatures are high, call 911 if you see signs of heat stroke:

- high body temperature
- no sweat
- disorientation, fainting or unconsciousness

Take action:

- move to a cool space
- remove outer layer of their clothes (shoes, jackets)
- wrap them in a cool wet towel
- **DO NOT** give fluids

[alberta.ca/ExtremeHeat](http://alberta.ca/ExtremeHeat)

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