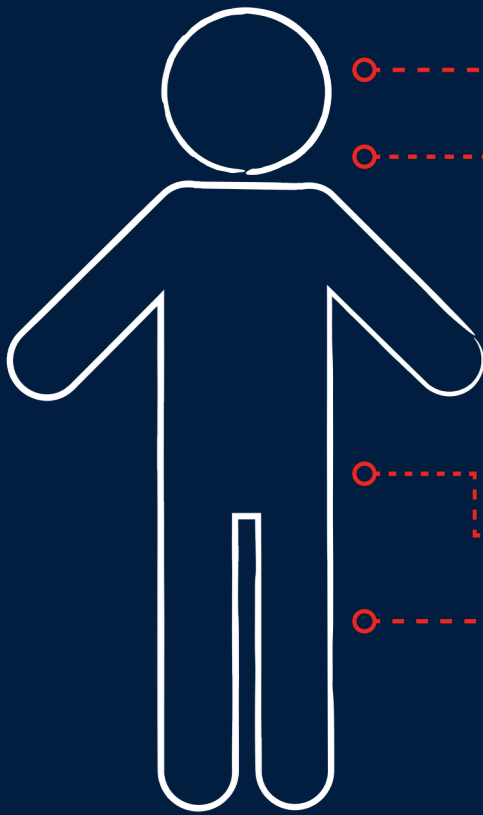


Dehydration



What it is:

This is where the body uses more water than is taken in.

What it causes:

Headaches, dizziness or confusion

Dry mouth

Less or dark urine

Cramps or tightness in some muscles

How to help:

1. Make sure someone who is dehydrated **drinks** plenty of water.



2. **Avoid** drinks with caffeine or alcohol because these can make it worse.



Sunburn

What it is:

This is where skin damage is caused by too much time in sunlight.

What it causes:

Skin may feel hot and painful and appear redder than usual.

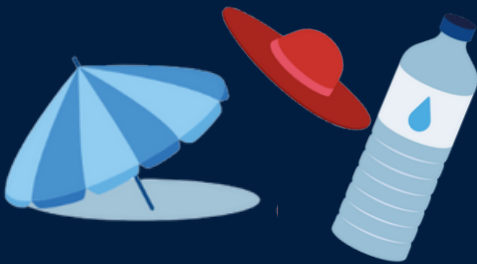
Skin might become blistered.

This may appear up to 5 hours after the damage happens.



How to help:

1. Move the person **out of the sun** and encourage them to drink water.



2. **Cool** the affected skin by soaking it in a cold bath or dabbing with cold water.



3. Aftersun lotion may **soothe** mild sunburn.



4. If the skin blisters or is damaged, seek **medical advice**.



Heat exhaustion



What it is:

This is when too much water and salt are lost from the body.

What it causes:

Headaches, dizziness or confusion

Fast breathing

Feeling sick

Sweating and skin is cool to touch

Normal or moderately elevated temperature

Cramps

How to help:

1. Move the person to a **cool place** and put the person in a comfortable position to rest.



2. Get them **to drink** plenty of water to replace lost fluids.



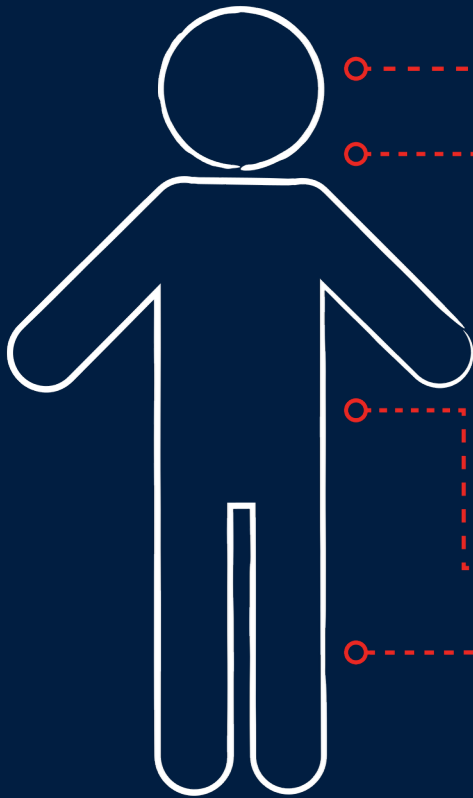
3. **Seek medical advice** even if the person appears to recover fully.



4. If they get worse, **call Emergency Service System.**



Heatstroke



What it is:

This is where the body gets too hot and can't cool itself.

What it causes:

Throbbing headache

Quickly getting worse, becoming unresponsive

Hot, dry skin and rapid pulse

Body temperature over 40°C/104 °F

Heatstroke is life threatening !

How to help:

1. Move them to a **cool place** and **remove** outer clothes.



2. **Call Emergency Service** or get someone else to.



3. Take **active cooling** measures immediately. Immerse the whole body (neck down) in water of **1-26°C (33.8-78.8°F)** until the person's core temperature **is less than 39°C (102.2°F)**. If water immersion is not possible, use the following slower or passive cooling techniques:

Help the person to sit down. **Wrap them lightly in a sheet** and pour cold water over their body **regularly** to cool them down. If you don't have a sheet, use a damp sponge. In addition to this, use a fan. Continue to cool them down until help arrives.

