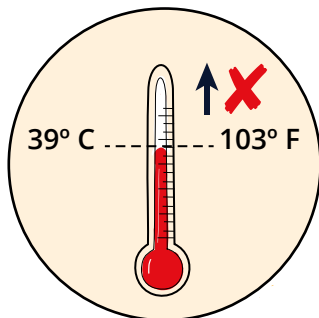


# What are the signs of heat stroke?

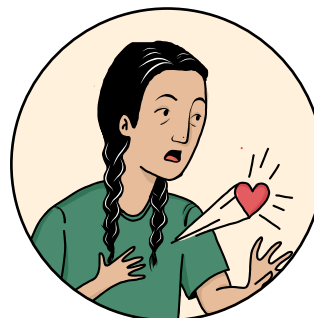
Call your local emergency care centre if you see ANY signs of heat stroke in yourself or others when it's hot.



Body temperature of 39°C (103°F) or higher



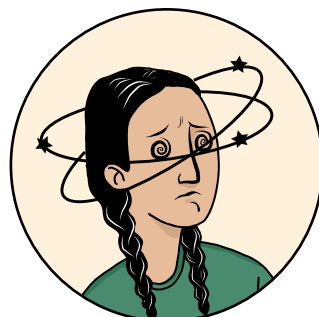
Hot, red, or dry skin



Fast pulse



Headache



Dizziness



Rapid breathing



Extreme thirst



Nausea



Confusion



Passing out

If you have ANY of these symptoms, take immediate steps to cool down and seek emergency care.