



THE CIRCLE

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Pay attention to these symptoms in the days ahead. The difference between **Heat Exhaustion** and **Heat Stroke** are below. If you experience heat exhaustion, you should move to a cool place, rest and drink plenty of fluids. In the event of Heat Stroke, you should call 911 immediately as it is a medical emergency.

For severe cases of **Sunburn**, apply a cool cloth and use a gentle moisturizer to soothe the skin. If you develop chills, fever, dizziness or signs of infection, see a doctor promptly.

Summer Heat Concerns

