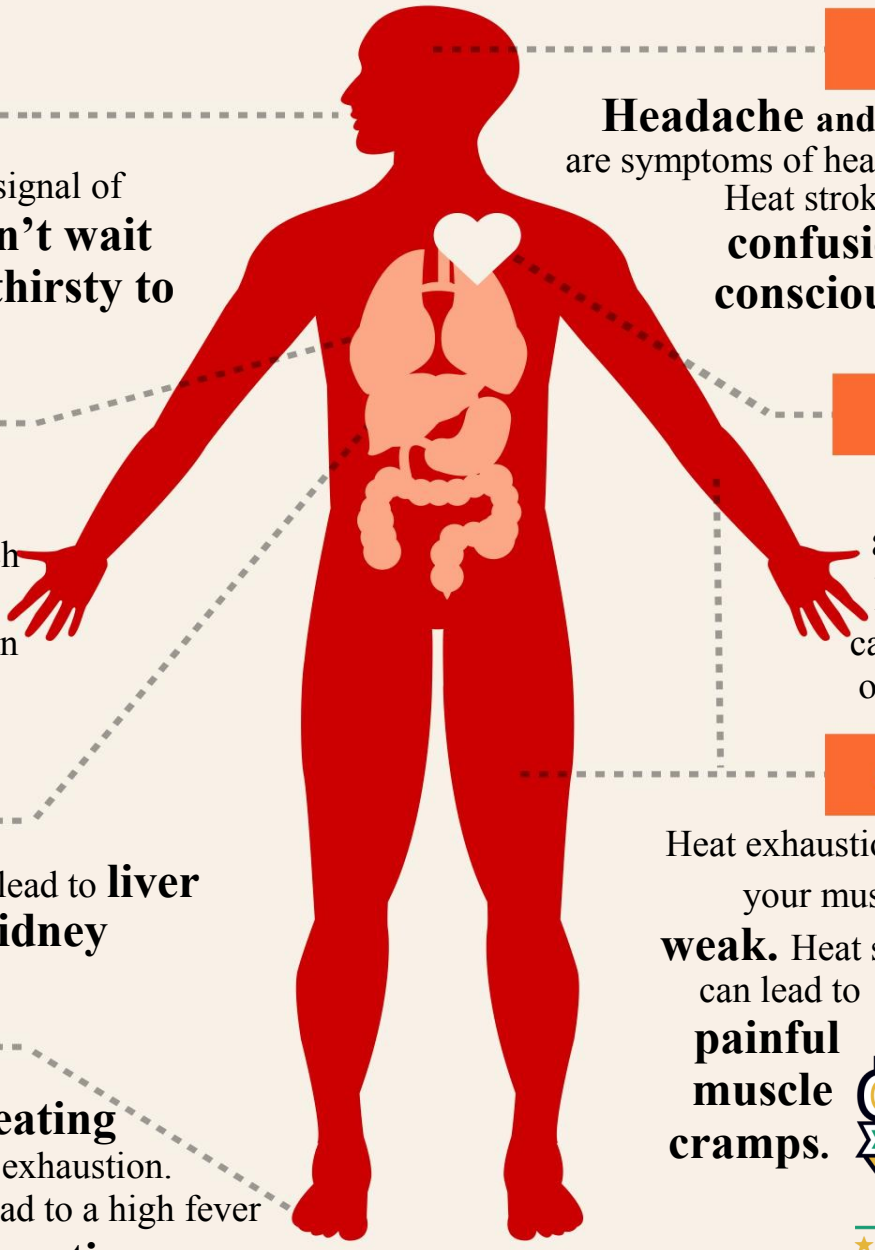
EXTREME HEAT and YOUR BODY

WHAT IS IT?

Heat exhaustion is your body's way of telling you it **needs to cool down**. Get inside and drink cool water!

Heat stroke a serious condition- **call 911!**



Head

Headache and dizziness are symptoms of heat exhaustion. Heat stroke can lead to **confusion, loss of consciousness and seizures.**

Mouth

A dry mouth is a signal of dehydration! **Don't wait until you're thirsty to drink water!**

Lungs

Respiratory conditions such as asthma, COPD and pneumonia can **worsen** during extreme heat!

Heart

Rapid or abnormal heartbeat can be a signal of heat stroke.

Liver/Kidneys

Extreme heat can lead to **liver damage and kidney failure!**

Arms/Legs

Heat exhaustion can cause your muscles to **feel weak.** Heat stroke can lead to **painful muscle cramps.**

Skin

Excessive sweating is a signal of heat exhaustion. Heat stroke can lead to a high fever and a **lack of sweating.**

POLK COUNTY IOWA LEADING THE WAY HEALTH DEPARTMENT