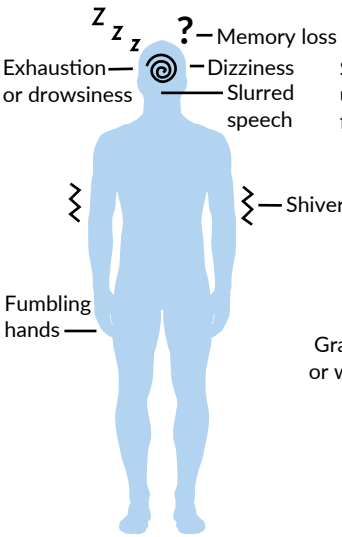


# Learn to identify the effects of extreme hot and cold

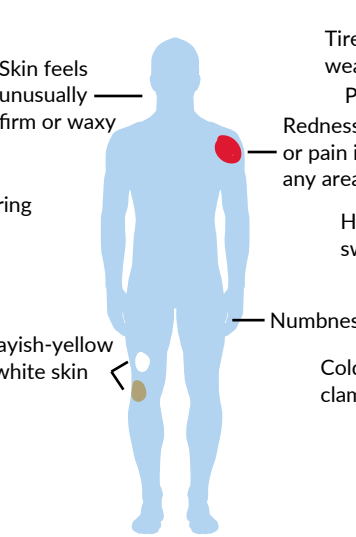
When the weather reaches extremes — typically below 40 degrees or above 90 degrees — people exposed for prolonged periods of time are at risk for a variety of health issues that may cause lasting damage. If you or someone around you is experiencing these symptoms, get medical assistance as soon as possible.

**Hypothermia:**  
Occurs when body temperature drops so low it affects the brain.



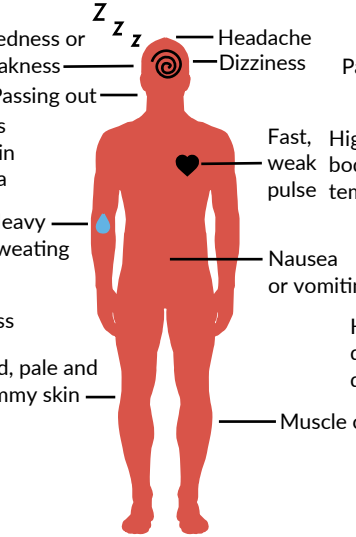
Exhaustion or drowsiness  
Memory loss  
Dizziness  
Slurred speech  
Shivering  
Fumbling hands

**Frost bite:**  
Caused by freezing that can permanently damage the body.



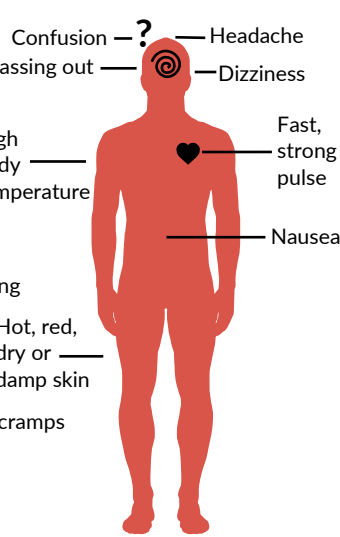
Skin feels unusually firm or waxy  
Redness or pain in any area  
Numbness  
Grayish-yellow or white skin

**Heat exhaustion:**  
Caused by excessive loss of water and salt.



Tiredness or weakness  
Passing out  
Headache  
Dizziness  
Fast, weak pulse  
Heavy sweating  
Nausea or vomiting  
Cold, pale and clammy skin  
Muscle cramps

**Heat stroke:**  
Occurs when the body is unable to regulate its own temperature.



Confusion  
Passing out  
Headache  
Dizziness  
Fast, strong pulse  
Nausea  
Hot, red, dry or damp skin