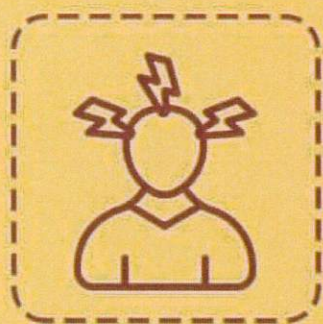


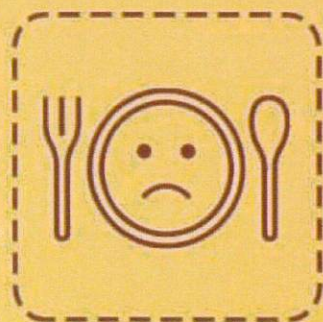
Symptoms of heat exhaustion:



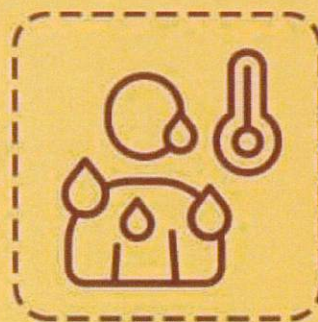
A headache



Dizziness or confusion



Loss of appetite and feeling sick

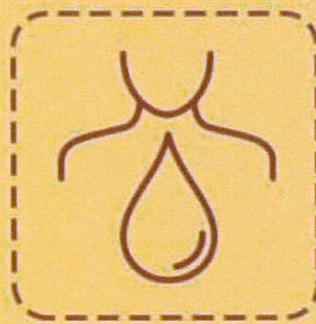


Excessive sweating

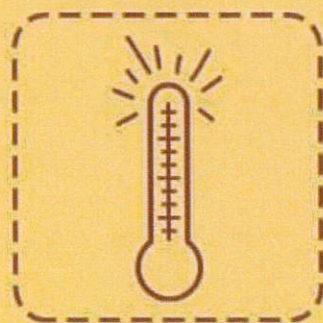
Symptoms of heat exhaustion:



Cramps



Being very thirsty



A high temperature



Fast breathing or pulse



If you spot **these symptoms** in someone:

- Cool them down
- Get them to drink plenty of water
- Stay with them until they're better

For info on how to treat someone with heat exhaustion, **search 'heat exhaustion NHS'**