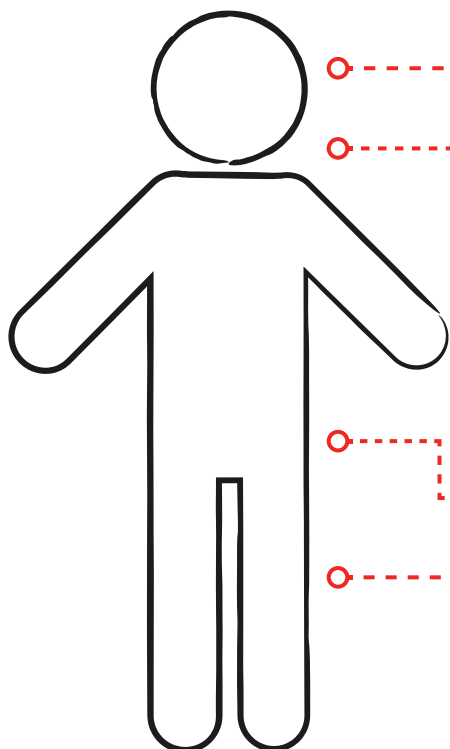


Dehydration



What it is:

This is where the body uses more water than is taken in.

What it causes:

Headaches, dizziness or confusion

Dry mouth

Less or dark urine

Cramps or tightness in some muscles

How to help:

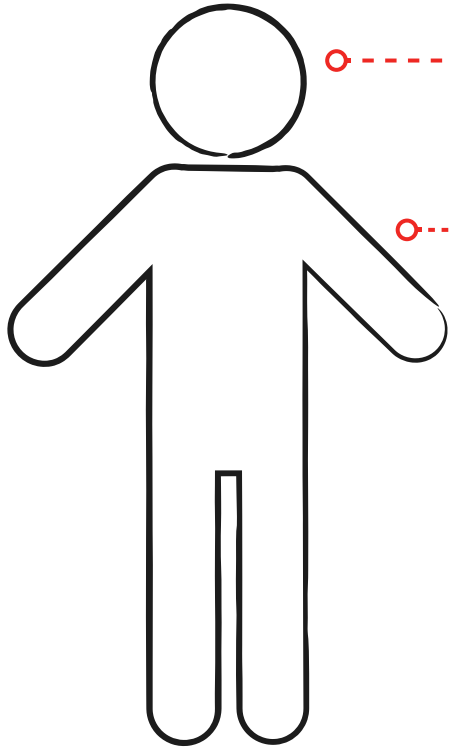
1. Make sure someone who is dehydrated drinks plenty of water.



2. Avoid drinks with caffeine or alcohol because these can make it worse.



Sunburn



What it is:

This is where skin damage is caused by too much time in sunlight.

What it causes:

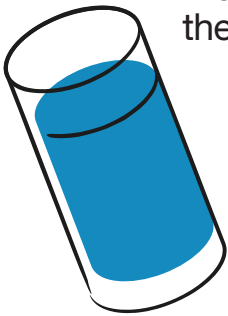
Skin may feel hot and painful and appear redder than usual.

Skin might become blistered.

This may appear up to 5 hours after the damage happens.

How to help:

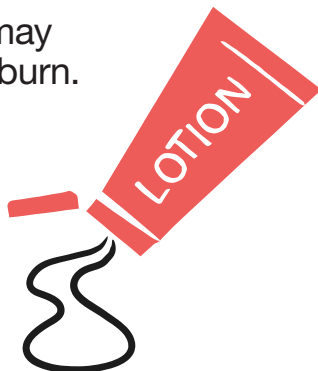
1. Move the person out of the sun and encourage them to sip cold water.



2. Cool the affected skin by soaking it in a cold bath or dabbing with cold water.



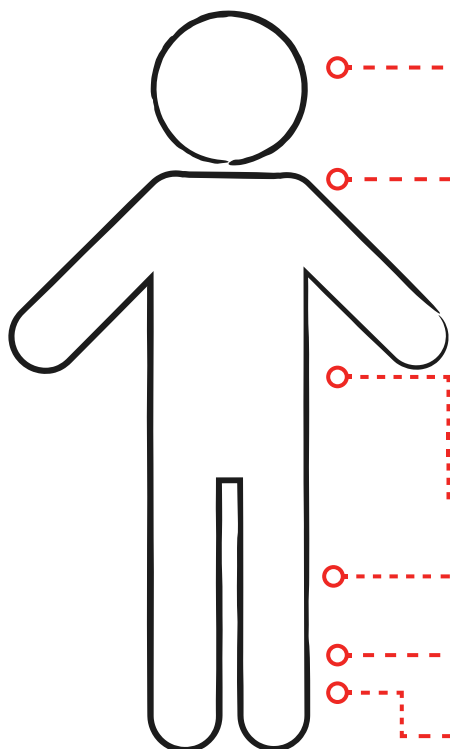
3. Aftersun lotion may soothe mild sunburn.



4. If the skin blisters or is damaged, seek medical advice.



Heat exhaustion



What it is:

This is when too much water and salt are lost from the body.

What it causes:

- Headaches, dizziness or confusion
- Fast breathing
- Feeling sick
- Sweating and skin is cool to touch
- Skin may be paler than usual
- Cramps

How to help:

1. Move the person to a cool place and help them rest by lying down with their legs raised and supported.



2. Get them to drink plenty of water to replace lost fluids.



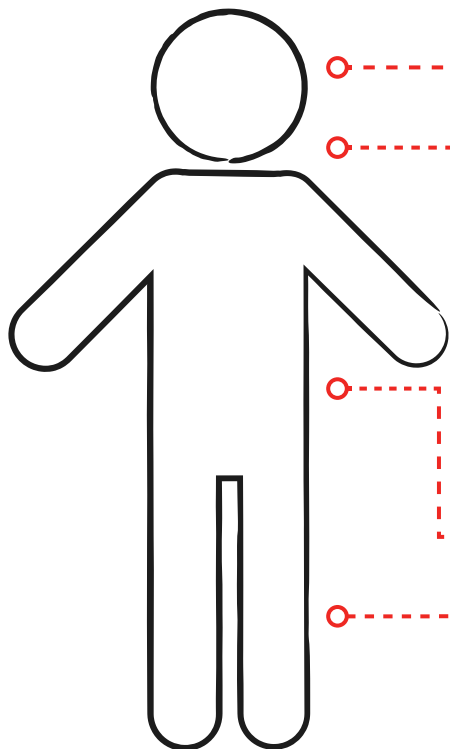
3. Seek medical advice even if the person appears to recover fully.



4. If they get worse, call 999.



Heatstroke



What it is:

This is where the body gets too hot and can't cool itself.

What it causes:

Headaches, dizziness, confusion

Quickly getting worse, becoming unresponsive

Hot and dry skin

Body temperature over 40°C

How to help:

1. Move them to a cool place and remove outer clothes.



2. Call 999 or get someone else to.



3. Help the person to sit down. Loosely wrap them in a sheet and pour cold water over them constantly to cool them. If you don't have a sheet, cool using a wet sponge and a fan. Keep cooling them until help arrives.



4. If they recover, you can stop cooling them.

