

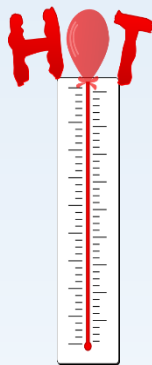
Community Connections

The Signs of Heat Exhaustion

Summer is in full swing and the temperature is rising.

Here are 9 signs of heat exhaustion:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Feeling tired or weak
- Feeling dizzy
- Headache
- Fainting (passing out)

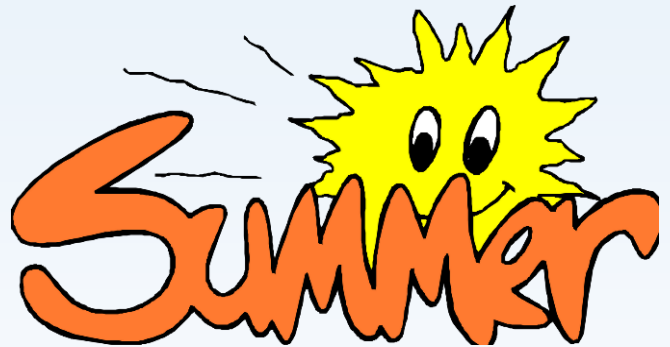


What should I do if I have heat exhaustion?

- Move to a cool place
- Loosen your clothes
- Put cool, wet washcloths on your body
- or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour



MARK YOUR CALENDARS

It's
BBQ
Time!



Klamath Falls SORB:

Friday, August 18th
Noon-2 pm at Wiard Park

Douglas SORB:

Friday, September 8th
1-3 pm at SORB

Coos/Curry SORB:

Wednesday, September 13th
1-3 pm at Simpson Park

Southern Oregon Regional Brokerage
2930 NE Stephens Street
Roseburg, OR 97470
541.672.9140

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RETURN SERVICE REQUESTED

Why fit in when you were
born to **STAND OUT?**
-Dr. Seuss



Do you know that SORB has a website?
check it out at www.sorb.us



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