

Know the signs of Heatstroke



Heatstroke is when your body cannot cool down.

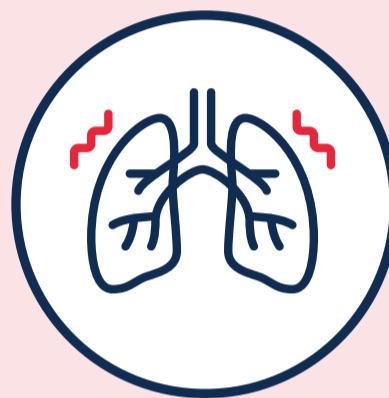
You might:



Feel
confused



Struggle
to talk



Breathe
fast

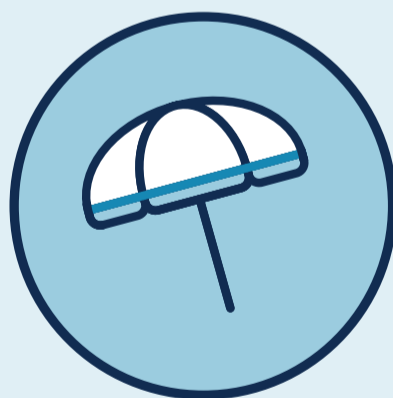


Have a fast
heartbeat

If you feel unwell in the heat:



Take
a break



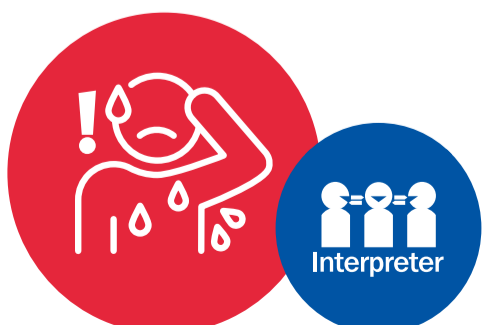
Find
shade



Drink
water



Cool down
with a shower



If still feeling unwell, call Triple Zero (000)!

Heatstroke is serious.

Seek medical help straightaway or call **Triple Zero (000)**.

You can ask for an interpreter for free.



**Queensland
Government**