

# EN CASO DE EMERGENCIA

## Enfermedades por el calor

### Síntomas de Insolación y Agotamiento:

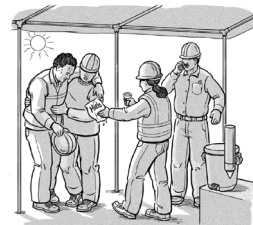
- Fatiga
- Calambres
- Mareo
- Dolor de cabeza
- Latidos rápidos
- Nausea o vómito
- Temperatura corporal alta
- Sudor abundante o piel seca
- Confusión
- Desmayo
- Convulsiones



**Llame al 911 (o servicios de emergencia locales) y avise al supervisor**

**Mientras espera que llegue ayuda:**

1. Lleve a la persona a la sombra
2. Pídale que se afloje la ropa/quite capas extra
3. Ayúdele a bajar su temperatura:
  - Abaníquelo
  - Poner un paño mojado en la frente y las axilas
4. Si la persona no está vomitando dele agua poco a poco
5. Nunca deje a la persona sola



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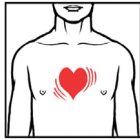
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# IN CASE OF EMERGENCY

## Heat Related Illness

### Symptoms of Heat Stroke & Heat Exhaustion:

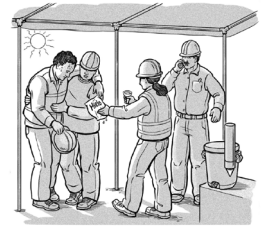
- Fatigue
- Cramps
- Dizziness
- Headache
- High pulse
- Nausea or vomiting
- High body temperature
- Heavy sweating or dry skin
- Confusion
- Fainting
- Convulsions



**Call 911 (or your local emergency services) and notify the supervisor**

**While waiting for help to arrive:**

1. Move the person under the shade
2. Ask them to loosen their clothes/ remove extra layers
3. Help them lower their temperature:
  - Fan the person
  - Put a wet cloth on their forehead and underarms
4. If the person is not vomiting give them a bit of water little by little
5. Never leave the person alone



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