EMERGENCY AND FAMILY PREPAREDNESS

WARD EMERGENCY PLAN:

- If there is a community wide emergency in our area and phones are working:
  - Once the emergency is over, contact your group leader and let him or her know your family is safe, and if you have any immediate needs.
  - Check on your ministering family or families.
- If there is a community wide emergency in our area and phones are NOT working:
  - As soon as the emergency is over and it is safe to leave your home, go to the home of your group leader and let him or her know your family is safe, and if you have any immediate needs.
  - Check on your ministering family or families.
  - Group leaders will meet at the next noon hour after the emergency has passed and report on the safety and needs of their groups.

FAMILY EMERGENCY PLAN:

Food Storage

- Bishops' Storehouse & Home Storage Center – 13232 Portal Dr. Ste. 3, (402) 896-8194
- store.churchofjesuschrist.org – buy food storage online
- deseretbook.com/t/food-storage-and-preparedness
- legacyfoodstorage.com
- beprepared.com
- valleyfoodstorage.com
- foodstoragedepot.com
- thereadystore.com
- mypatriotsupply.com - food/supplies/preparation
- pleasanthillgrain.com – a Nebraska company
- edisongrainery.com – gluten- & allergen-free, organic
- azurestandard.com – organic, natural ingredients
- augasonfarms.com – gluten-free options

CPR/First Aid/BLS Training – register online for classes (offer virtual & in-person classes)

- redcross.org – use the Training & Certification link
- safenebraska.org – use the Training & Classes link

72-Hour Kits

- redcross.org/store/preparedness/emergency-kit
- amazon.com
- siriussurvival.com
- judy.co
- Items to consider:
  - □ First aid kit/medications
  - □ Water/food/snacks/protein & granola bars/utensils
  - □ Flashlight/batteries
  - □ Blanket/sleeping bag
  - □ Matches/lighter/glow sticks
  - □ Masks
  - □ Knife/multi-tool (Leatherman, Swiss Army)
  - □ Personal hygiene items/toiletries
  - □ Hand sanitizer/moist towelettes/baby wipes
  - □ Clothes/undergarments/coat/poncho
  - □ Sunscreen/bug spray
  - □ Work gloves, rope, Tarp, duct tape
  - □ Whistle
  - □ Activities/games/books

Proper Long Term Food Storage Tips:

1. Keep it cool. Foods spoil faster in warm temperatures. To preserve the quality of non-refrigerated, non-frozen foods, 40-70 °F is a good temperature storage range.

2. Keep it dry. Mold and bacteria can grow in moist food, so store food in dry, non-humid places. Also, moisture can affect the packaging, making paper degrade and metal rust. Do not store food in moist or humid places, like under the sink or over the stove.

3. Keep it dark. Light exposure can deteriorate food quality and packaging. Metal (e.g. canned food) helps prevent light exposure. Store foods in a dark place, like a pantry.

4. First in, first out. Store older foods in the front of your food storage area, to help ensure you use them before newer foods. This way, you use food in a timely manner, enjoying it when it is still at peak quality.

5. Avoid storing food on the floor. Food on the floor is more accessible to moisture and pests.

6. Quality versus safety. As foods age, quality can deteriorate. Factors such as texture, flavor, and color can be impacted, and the amount of vitamins can decrease. However, a decrease in quality does not always mean food is not safe. For instance, commercially canned food can be eaten after the best-buy date. Be sure to check the can first to make sure it is not leaking or bulging.

7. Check packaging before eating. Look for signs of pests, moisture, mold, and damaged containers.

8. Commercially canned food lasts longer, even though quality may be affected. Home canning is a great way to preserve food. However, home canned food should generally be enjoyed within 1-2 years.

9. Cans should not freeze. Freezing cans may result in seam failure and foodborne illness. If you are storing cans in a basement, make sure it does not get too cold. Dried foods are okay to freeze.

10. Choose a variety of foods. Select foods you enjoy from a variety of food groups. Some emergencies may result in no power or water. Have foods on hand that you can eat in these situations.

Family Preparedness

- FEMA – ready.gov
- Red Cross – redcross.org/get-help/how-to-prepare-for-emergencies
- First aid kit, Car emergency kit
- Savings/cash on hand
- Important documents (vital records, identification, insurance, medical, financial, legal)
- Tents
- Water filter
- Full gas cans with fuel stabilizers added
- Emergency contact phone #s (what if your phone dies? Whose # do you know?)
- Cell phone batteries/chargers
- Plans for pets

Wills and powers of attorney

- Will – work with attorney that specializes in wills, trusts & estates or DIY with LegalZoom or eForms
- Power of attorney – supremecourt.nebraska.gov/sites/default/files/DC-6-12-fillin.pdf
- Medical power of attorney – supremecourt.nebraska.gov/sites/default/files/DC-6-13-fillin16.pdf

Water Storage

Bottled Water

- Unopened commercially bottled water is the safest and most reliable source of water in an emergency.
- If you do not have bottled water, you can make your water safe to drink by following the instructions listed on our Making Water Safe in an Emergency page and using clean containers to collect and store your water.

How Much Emergency Water to Store

- Store at least 1 gallon of water per person per day for 3 days for drinking and sanitation.
- Try to store a 2-week supply if possible.
- Consider storing more water than this for hot climates, pregnant women, and persons who are sick.
- Observe the expiration date for store-bought water.
- Replace non-store-bought water every 6 months.
- Store a bottle of unscented liquid household chlorine bleach (label should say it contains between 5% and 9% of sodium hypochlorite) to disinfect your water, if necessary, and to use for general cleaning and sanitizing.

Choosing a Container

- When storing safe water (water that has been treated to make it safe to use), it is best to use food-grade water storage containers, which do not transfer toxic substances into the water they are holding.
- FDA-approved food-grade storage containers can be found at surplus or camping supply stores. Contact the manufacturer if you are not sure if a storage container is food grade.
- If you are not able to use a food-grade water storage container, be sure the container you choose:
    - Has a top that can be closed tightly
    - Is made of durable, unbreakable materials (i.e., not glass)
    - If possible, use a container with a narrow neck or opening so water can be poured out.
    - DO NOT USE containers that previously have been used to hold liquid or solid toxic chemicals (bleach, pesticides, etc.)

Cleaning and Sanitizing a Water Storage Container Before Use

- Before filling with safe water, use these steps to clean and sanitize water storage containers:
- Wash the storage container and rinse completely with water.
- Sanitize the container with a solution made by mixing 1 teaspoon of unscented liquid household chlorine bleach in 1 quart of water. Use bleach that contains 5%–9% sodium hypochlorite.
- Cover the container tightly and shake it well. Make sure the sanitizing bleach solution touches all inside surfaces of the container.
- Wait at least 30 seconds and then pour the sanitizing solution out of the container.
- Let the empty sanitized container air-dry before use OR rinse the empty container with safe water (water that has been treated).
- Pour clean water into the sanitized container and cover with a tight lid.

Removing and Storing Water

Tips for removing safe water out of the container:

- If using a scoop or other device, use a clean one each time you remove safe water from the storage container to help avoid contaminating the water.
- Before scooping out the safe water, try not to touch the water or insides of the container with your hands.
- Never scoop safe water with your hands.
- Tips for storing safe water in a container after cleaning and sanitizing:

- Label container as “drinking water” and include storage date.
- Replace stored water every six months.
- Keep stored water in a place with a cool temperature (50–70°F).
- Do not store water containers in direct sunlight.
- Do not store water containers in areas where toxic substances, such as gasoline or pesticides, are present

Boiling water

- Boiling is the surest method to kill disease-causing germs, including viruses, bacteria, and parasites.
- You can improve the flat taste of boiled water by pouring it from one container to another and then allowing it to stand for a few hours, OR
- adding a pinch of salt for each quart or liter of boiled water.
- Steps for boiling water:
    - If the water is cloudy, first filter it through a clean cloth, paper towel, or coffee filter OR allow it to settle. Then, draw off the clear water and follow the steps below.
    - Bring the clear water to a rolling boil for 1 minute (at elevations above 6,500 feet, boil for 3 minutes).
    - Let the boiled water cool.
    - Store the boiled water in clean sanitized containers with tight covers.

Disinfecting Water

- Needed: Bottle of bleach, eye dropper, and 1 gallon of water
- If you don’t have safe bottled water and if boiling is not possible, you can make small quantities of water safer to drink by using a chemical disinfectant, such as unscented household chlorine bleach, iodine, or chlorine dioxide tablets.
- Disinfectants can kill most harmful or disease-causing viruses and bacteria, but most disinfectants* are not as effective as boiling for killing more resistant germs, such as the parasites Cryptosporidium and Giardia.
- *Chlorine dioxide tablets can kill Cryptosporidium if you follow the manufacturer’s instructions correctly.
- **If the water has a harmful chemical or radioactive material in it, adding a disinfectant will not make it drinkable.**

Using bleach to disinfect water

- Bleach comes in different concentrations.
- Check the label of the bleach you are using to find its concentration before you start to disinfect water.
- Typically, unscented household liquid chlorine bleach in the United States will be between 5% and 9% sodium hypochlorite, though concentrations can be different in other countries.
- Steps for disinfecting water with bleach:
    - If the water is cloudy, first filter it through a clean cloth, paper towel, or coffee filter OR allow it to settle. Then, draw off the clear water and follow the steps below.
    - Follow the instructions on the bleach label for disinfecting drinking water.
    - If the label doesn’t have instructions for disinfecting drinking water, check the “active ingredient” on the label to find the sodium hypochlorite percentage. Then use the information in the tables below as a guide.
    - Add the appropriate amount of bleach using a medicine dropper, teaspoon, or metric measure (milliliters).
    - Stir the mixture well.
    - Let it stand for at least 30 minutes before you drink it.

- Store the disinfected water in clean, sanitized containers with tight covers.

Making water safe to use with bleach having a 5%–9% concentration of sodium hypochlorite (most common in the US). **If the water is cloudy, murky, colored, or very cold, add double the amount of bleach listed below.**

1 quart/liter water	1 gallon water	5 gallons water
If you have a dropper: Add 2 drops of bleach	If you have a dropper: Add 8 drops of bleach	If you have a dropper: Add 40 drops of bleach
If you have something that measures milliliters (mL): Add 0.1 mL of bleach	If you have something that measures milliliters (mL): Add ½ mL of bleach	If you have something that measures milliliters (mL): Add 2½ mL of bleach
If you have a measuring spoon: Add a tiny amount (too small to measure)	If you have a measuring spoon: Add a little less than ⅛ teaspoon	If you have a measuring spoon: Add ½ teaspoon of bleach

Making water safe to use with bleach having a 1% concentration of sodium hypochlorite (this concentration is not common in the US but is used in other countries). **If the water is cloudy, murky, colored, or very cold, add double the amount of bleach listed below.**

1 quart/liter water	1 gallon water	5 gallons water
If you have a dropper: Add 10 drops of bleach	If you have a dropper: Add 40 drops of bleach	If you have a dropper: Add 200 drops of bleach
If you have something that measures milliliters (mL): Add ½ mL of bleach	If you have something that measures milliliters (mL): Add 2½ mL of bleach	If you have something that measures milliliters (mL): Add 12½ mL of bleach
If you have a measuring spoon: Add ⅛ teaspoon of bleach	If you have a measuring spoon: Add ½ teaspoon of bleach	If you have a measuring spoon: Add 2½ teaspoons of bleach

Using chemical tablets to disinfect water

- If you don't have safe bottled water, water treatment tablets can be used to disinfect water. These tablets are popular among campers and hikers, as well as in other countries. They are available in different sizes and made to treat specific amounts of water.
- Dropper bottle of Chlorine dioxide
- Follow the manufacturer's instructions on the label or in the package.
- Chlorine dioxide tablets can kill germs, including Cryptosporidium, if you follow the manufacturer's instructions correctly.
- Iodine, tablets with iodine (tetraglycine hydroperiodide), or chlorine tablets kill most germs, but not Cryptosporidium.
- Water that has been disinfected with iodine is NOT recommended for pregnant women, people with thyroid problems, or those with known hypersensitivity to iodine.
- It's also not recommended for continuous use—don't use it for more than a few weeks at a time.

Filters

- Many portable water filters can remove disease-causing parasites such as Cryptosporidium and Giardia from drinking water.
- If you are choosing a portable water filter:
    - Try to pick one that has a filter pore size small enough (absolute pore size of 1 micron or smaller) to remove parasites, such as Giardia and Cryptosporidium.
    - Portable water filters do not remove viruses, and most portable filters do not remove bacteria either.
    - Carefully read and follow the manufacturer's instructions for the water filter you are using.
    - After filtering, add a disinfectant such as iodine, chlorine, or chlorine dioxide to the filtered water to kill any viruses and bacteria.
    - For more information about water filters that can remove parasites, see CDC's A Guide to Water Filters.

Light Purification

Ultraviolet Light (UV Light)

- Ultraviolet light (UV light) can be used to kill some germs.
- Portable units that deliver a measured dose of UV light help disinfect small amounts of clear water. UV light does not work well on cloudy water because small particles may block germs from the light.
- If the water is cloudy, first filter it through a clean cloth, paper towel, or coffee filter OR allow it to settle. Then, draw off the clear water and disinfect it using the UV light.
- Always follow the manufacturer's instructions.

Solar Disinfection

- In emergencies, the sun's rays can improve the quality of water. This method may reduce some germs in the water.
- To disinfect water using the sun:
    - Fill clean and clear plastic bottles with clear water. Solar disinfection is not as effective on cloudy water because small particles may block germs from the light.
    - If the water is cloudy, first filter it through a clean cloth, paper towel, or coffee filter OR allow it to settle. Then, draw off the clear water and disinfect that water using the sun.
    - Lay the bottles down on their side and in the sun for 6 hours (if sunny) or 2 days (if cloudy). Laying down the bottles allows the sun's rays to disinfect the water inside more effectively.
    - Putting the bottles on a dark surface will also help the sun's rays disinfect the water more effectively.

Basic First Aid

If someone is unconscious or unresponsive, the basic principle of first aid that you need to know is ABC:

- **Airway**: If someone's not breathing, the first thing you need to do is clear their airway.
- **Breathing**: If you have cleared a person's airway but they're still not breathing, provide rescue breathing.
- **Circulation**: As you are doing rescue breathing, perform chest compressions to keep the person's blood circulating. If the person is breathing but is not responsive, check their pulse. If their heart has stopped, provide chest compressions.
- Some first aid courses also include D and E:
    - D stands for: Disability assessment, deadly bleeding, or automated external defibrillator (AED). An AED is a device that shocks the heart to make it start beating again.
    - E can stand for: Examination (checking the person for signs of injury, bleeding, allergies, or other problems once you know they're breathing and their heart is beating).

Cardiopulmonary resuscitation (CPR) :

- If a person's heart is not beating, they could die. When a person is in cardiac arrest, doing CPR and/or using an AED could save their life.
- AEDs are available in many public areas and businesses. These first aid devices are made to be easy to use even if you have no training.
- If you think someone is in cardiac arrest, there are four steps you can take to help them.
    - Find a person nearby. Make eye contact, point to them, and say: "Call 911."
    - Start doing chest compressions on the person who needs help. Using both your hands, push down hard and fast in the center of the person's chest. Let their chest come back up naturally between compressions. Keep going until someone with more training arrives.
    - If you're trained in CPR, you can use chest compressions and rescue breathing.
    - If available, use an AED. However, do not put off doing chest compressions to go look for an AED. If possible, instruct someone else to go find the device and bring it to you.

First Aid for Bleeding

- If someone is injured and bleeding, there are a few basics about how blood works that will be helpful for you to know.
- The color of the blood and how it's leaving the body can give you a sense of the extent of the injury:
    - Capillaries: Bleeding from the smallest blood vessels (capillaries) looks like a trickle. This kind of bleeding usually stops on its own.
    - Veins: A consistent blood flow and blood that's a dark red color is most likely coming from the veins. This type of bleeding can range from mild to severe.
    - Arteries: Arteries are the largest blood vessels and carry a lot of oxygen. If they are injured, bright red blood will spurt out. Blood can be lost very fast with this kind of bleeding.
- Almost all bleeding can be controlled with first aid. If severe bleeding keeps going, a person can go into shock and may die. How to treat a bleeding wound:
    - Wash your hands or put on disposable gloves if you have them. This will protect you from infectious diseases like viral hepatitis and HIV/AIDS that can be spread in a person's blood.
    - Rinse the wound with water.
    - Cover the wound with a gauze or cloth (e.g., towel, blanket, clothing).
    - Apply direct pressure to stop the flow of blood and encourage clotting (when blood naturally thickens to stop blood loss).
    - Elevate the bleeding body part above the person's head if you can.

    - Do not remove the cloth if it becomes soaked. Removing the first layer will interfere with the clotting process and result in more blood loss. Instead, add more layers if needed.
    - Once bleeding has stopped, put a clean bandage on the wound.
- Get medical help if:
    - The wound is deep
    - The wound has widely separated sides
    - The injury oozes blood after pressure has been applied
    - The injury is from an animal or human bite
    - The injury is a puncture, burn, or electrical injury
    - You think there is arterial bleeding
    - Blood is soaking through the bandages
    - The bleeding is not stopping
- If you are taking the person to the hospital, make sure that you have someone else who can keep administering first aid while you drive.

First Aid for Choking

- Choking happens when a person's windpipe (trachea) gets blocked by food or an object. It is a serious event that can lead to unconsciousness or even death.7
- Signs of choking include:
    - Gagging, gasping, or wheezing
    - Inability to talk or make noise
    - Turning blue in the face
    - Grabbing at the throat
    - Waving arms
    - Looking panicked
- Using the Heimlich Manuever
    - The Heimlich maneuver is a series of abdominal thrusts that help dislodge the thing a person is choking on. Only do this if someone is truly choking!
    - Before doing anything, ask the person if they are choking. Remember: If someone is coughing or talking, they are not choking.
- If someone is choking, you should know how to use the Heimlich maneuver
    - Here are the steps:
    - Stand behind the person and lean them slightly forward.
    - Put your arms around their waist.
    - Clench your fist and place it between their belly button (navel) and rib cage.
    - Grab your fist with your other hand.
    - Pull your clenched fist sharply backward and upward under the person's rib cage in 5 quick thrusts.
    - Repeat until the object is coughed up.
    - If someone is obese or pregnant, perform thrusts around the chest instead of the abdomen.
- If someone is choking and becomes unconscious:
    - Place them on their back and kneel over them.
    - Place the heel of your hand slightly above their belly button.
    - Place your other hand on top of it.
    - Give quick upward thrusts to dislodge the object.
- Helping a Choking Infant
    - If a baby is choking, you need to use different first aid techniques to help them.
    - Start with back blows:
    - Lay the baby across your forearm, face down
    - Support them with your lap or upper thigh
    - Hold their chest in your hand and jaw between your fingers (the baby's head should be pointed down so it's lower than their body)

    - With the heel of your free hand, give five quick, forceful blows to the baby's back between the shoulder blades
    - If back blows don't work, try chest thrusts:
    - Turn the baby face-up, keeping them on your lap for support
    - Keeping their head angled down, lower than their body, hold the back of their head with your hand to steady it.
    - Place two or three of your fingers in the center of the baby's chest just below the nipples.
    - Give five quick thrusts downward so the breastbone gets pushed in about 1 ½ inches
    - If choking infant loses consciousness, you should do CPR until emergency help arrives.

First Aid for Burns

- The first step to treating a burn is to stop the burning process.
- This might mean:
    - Cleaning up chemicals
    - Turning off electricity
    - Cooling heat with running water
    - Covering up or taking a person inside out of the sun
- The severity of a burn is based on how deep in the skin it is and how big it is:
    - First-degree burn: This kind of burn only affects only the outer layer of skin and causes redness and swelling. It is considered a minor burn.
    - Second-degree burn: This kind of burn affects two layers of skin and causes blistering, redness, and swelling. It is considered a major burn if it's more than three inches wide or is on the face, hands, feet, genitals, buttocks, or over a major joint.
    - Third-degree burn: This kind of burn affects deeper layers of skin and causes white or blackened skin that can be numb. It is always considered a major burn.
- Treatment for Burns:
    - Major burns need emergency medical attention. Once you've stopped the burning process, call 911 or get someone else to.
    - For burns that are not an emergency, you can take these first aid steps:
        - Flush burned area with cool running water for several minutes. Do not use ice.
        - Apply a light gauze bandage. If the burn is minor, you can put on an ointment, like aloe vera, before you cover it.
        - Take Motrin (ibuprofen) or Tylenol (acetaminophen) for pain relief if you need it.
        - Do not break any blisters that form.

First Aid for Blisters

- Blisters protect damaged skin while it heals.
- Some blisters need to be treated and others don't. Whether you need to treat a blister depends on how bad it is and your overall health.
- What to Do:
    - If the blister is small, not open, and doesn't hurt, it's best to leave it alone. You can cover it to prevent rubbing, which could cause it to swell and burst.
    - Do not pop a blister, as this could let bacteria get inside it and cause an infection.
    - If the blister is big or painful, you need to take different steps to treat it.
        - Here are the first aid steps to take for a more serious blister:
        - Wash your hands.
        - Sterilize a needle with alcohol.
        - Make small holes at the edge of the blister.
        - Gently push out the fluid.
        - Apply antibiotic ointment.
        - Put on a bandage.
        - If possible, take steps to protect the area from further rubbing or pressure.

    - If you have a compromised immune system, you are more likely to get an infection and should not drain a blister on your own. However, your healthcare provider may want to drain it to help prevent infection.
    - <u>If a blister breaks open on its own:</u>
        - Gently wash the area with clean water only.
        - Smooth the flap of broken skin over the newly exposed skin, unless it's dirty, torn, or there is pus under it.
        - Put petroleum jelly on it.
        - Cover it with a bandage.
        - Change the bandage any time it gets wet. Take it off when you go to bed to give the area a chance to air out.

First Aid for a Broken Bone or Fracture

- Any injury to limbs, hands, and feet needs to be treated as a broken bone until an X-ray is done.
- While broken bones or fractures do need medical treatment, they do not all require an emergency trip to the hospital. First aid steps can stabilize the bone until you can see a healthcare provider.
- <u>What to Do</u>
    - In some cases, you will need emergency medical care to deal with a broken bone.
    - <u>Call 911 if:</u>
        - The person is bleeding a lot, unresponsive, not breathing, or has multiple injuries
        - You think a person has a fracture or other serious injury in their spinal column, head, hip, pelvis, or thigh. In this case, do not move the person.
        - A broken bone is poking through the skin (open or compound fracture)
        - The area below an injured joint feels cold and clammy or looks bluish
        - You cannot keep the injury from moving well enough to transport the person
        - Otherwise, you can use first aid, then go to urgent care or contact your healthcare provider for guidance.
    - <u>Here's what to do next:</u>
        - Do not try to straighten the bone.
        - For a limb, use a splint and padding to keep it still, then elevate it.
        - Put a cold pack on the injury—but not directly on the skin. Use a barrier between the ice and the skin to keep the tissue from being damaged. If all you have is ice, put it in a plastic bag and wrap it in a shirt or towel before applying it.
        - Give the person anti-inflammatory drugs like Advil (ibuprofen) or Aleve (naproxen) for pain.
        - Some research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil and Aleve can slow bone healing. However, short-term NSAID use appears to have little or no effect on healing.

First Aid for Frostbite

- Frostbite happens when the body's tissues freeze deeply in the cold. This is the opposite of a burn, but the damage it does to your skin is almost the same.
- <u>What to Do</u>
    - Treating frostbite involves carefully and gradually warming the affected area. If at all possible, it should only be done by a medical professional.
    - If that's impossible, or you're waiting for an ambulance, begin first aid for frostbite.
    - Get out of the cold.
    - Put the affected area in warm water (98 to 105 degrees) for 20 to 30 minutes.
    - Do not rub the affected area.
    - Do not use sources of dry heat (e.g., heating pads, fireplace)
    - For fingers and toes, put clean cotton balls between them after they have warmed.
    - Loosely wrap the area with bandages.
    - Use Tylenol (acetaminophen) or Advil (ibuprofen) for pain.

    - Get medical attention as soon as possible.
    - For small areas of minor frostbite, you can also warm the area with skin-to-skin contact (putting your skin on someone else's).
    - Get emergency treatment if the skin is hard and begins turning white.

First Aid for Heat Exhaustion/Stroke

- Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs. It may be caused by strenuous activity in the heat or by being in a hot place for too long.
- Heatstroke can occur without any previous heat-related condition, such as heat exhaustion. Heatstroke signs and symptoms include:
    - Fever of 104 degrees Fahrenheit (40 degrees Celsius) or greater
    - Changes in mental status or behavior, such as confusion, agitation and slurred speech
    - Hot, dry skin or heavy sweating
    - Nausea and vomiting
    - Flushed skin
    - Rapid pulse
    - Rapid breathing
    - Headache
    - Fainting
    - Seizure
    - Coma
- If you suspect heatstroke:
    - Call 911 or your local emergency number.
    - Then move the person out of the heat right away. Cool the person by whatever means available. For example:
        - Put the person in a cool tub of water or a cool shower.
        - Spray the person with a garden hose.
        - Sponge the person with cool water.
        - Fan the person while misting with cool water.
        - Place ice packs or cool wet towels on the neck, armpits and groin.
        - Cover the person with cool damp sheets.
        - If the person is conscious, offer chilled water, a sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
        - Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing or movement.