



BAT CHALÈ A

FATIG CHALÈ PARAPÒ AK ESTWOK CHALÈ

CHALÈ EKSTRÈM: TANPERATI KI CHO ANPIL KI KA NUIZIB POU SANTE OU, SA KI LAKÒZ ESTWOK CHALÈ, FATIG CHALÈ, LAKRANP CHALÈ OSWA GRATÈL CHALÈ

FATIG CHALÈ

SENTÒM YO



Po frèt, pal, ak imid



Maltèt



Batman kè rapid, fèb



Kèplen oswa vomisman



Lakranc nan misk



Vètij



Swe anpil



Endispozisyon



Fatig oswa feblès

ESTWOK CHALÈ

SENTÒM YO



Tanperati kò a rive
nan 103°F



Maltèt



Batman kè rapid, fò



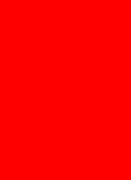
Kèplen



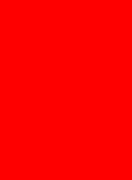
Po cho, wouj,
sèk oswa imid



Vètij



Konfizyon



Endispozisyon

KISA POU FÈ

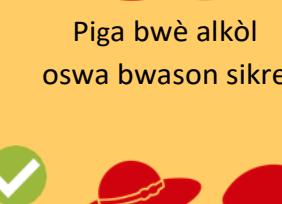
- Deplase moun lan pou mete i nan yon kote ki fre
- Detache rad yo
- Ba l yon beny fre
- Mete twal mouye fre sou po moun lan
- Fè l bwè gòje dlo

Chèche swen medikal si:

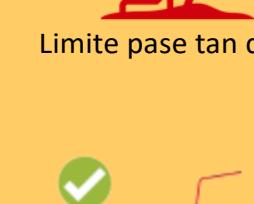
- Moun lan ap vomi
- Sentòm yo vin pi mal
- Sentòm yo dire plis pase inèdtan

- Rele 911, pou chèche swen medikal touswit
- Deplase moun lan pou mete i nan yon kote pi fre
- Sèvi ak twal fre oswa yon beny fre pou bese tanperati kò moun lan
- Piga bay moun lan anyen pou l bwè

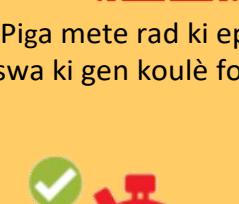
PREVANSYON



Piga bwè alkòl
oswa bwason sikre



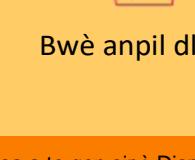
Limite pase tan deyò



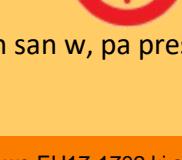
Piga mete rad ki epè
oswa ki gen koulè fonse



Sèvi ak pwoteksyon kont solèy



Bwè anpil dlo



Pran san w, pa prese tèt ou



Aprann
Plis!

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Pwojè sa a te gen sipò Disponiblite Sibvansyon Finansman Nimewo EH17-1702 ki sòti nan Sant pou Kontwòl ak Prevansyon Maladi (Centers for Disease Control and Prevention, CDC). Sa ki ladan se responsablitè otè yo sèlman, epi li pa reprezante nesesèman pwendvi ofisyèl CDC.

Sous: <https://www.cdc.gov/disasters/extremeheat/warning.html>

Kreye nan dat 2/19/2021