

Heat Exhaustion

OR

Heat Stroke

Faint or dizzy



Excessive sweating

Cool, pale, clammy skin



Nausea or vomiting

Rapid, weak pulse

Muscle cramps



Headache, confusion

No sweating

Body temperature
above 103°
Red, hot, dry skin



Nausea or vomiting

Rapid, strong pulse



May lose consciousness



Get to a cool air-conditioned place
Drink water if fully conscious
Take a cool shower or use cold compress

CALL 911
Move person to a cooler place
Cool using cool cloths or bath
If unconscious, Do NOT give anything to drink.