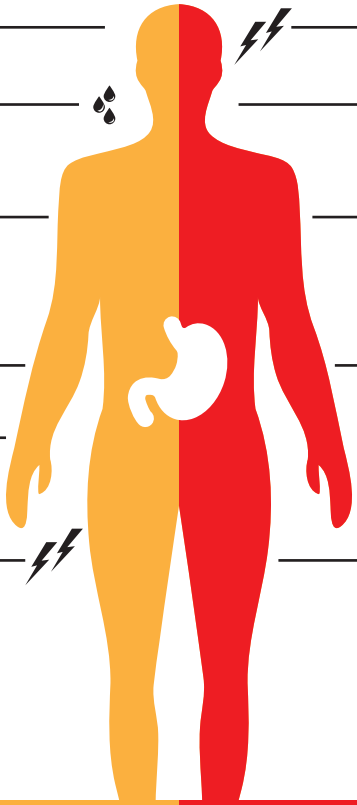
HEAT EXHAUSTION OR HEAT STROKE



Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

Throbbing headache

No sweating

Body temperature above 103°
Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

- GET TO A COOLER, AIR CONDITIONED PLACE
- DRINK WATER IF FULLY CONSCIOUS
- TAKE A COLD SHOWER OR USE COLD COMPRESSES

CALL 9-1-1

- TAKE IMMEDIATE ACTION TO COOL THE PERSON UNTIL HELP ARRIVES