

# Heat Exhaustion or Heat Stroke

## A GUIDE

### Heat Exhaustion

- Faint or Dizzy
- Excessive Sweating
- Cool, Pale, or Clammy Skin
- Rapid, Weak Pulse
- Nausea or Vomiting
- Muscle Cramps

### Heat Stroke

- Throbbing Headache
- Dizziness, Confusion
- No Sweating
- Rapid, Strong Pulse
- Red, Hot, Dry Skin
- Nausea or Vomiting
- Other Symptoms**
  - + May Lose Consciousness
  - + Body Temp. Above 103° F

### Take Action

- + Get to a cooler, air-conditioned place
- + Loose clothes
- + Sip water if fully conscious
- + Take a cool shower or use cold compresses

### Call 9-1-1

- + Take immediate action to cool the person until help arrives

