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 degrees
Red, hot, dry skin
Nausea or vomiting
Rapid, strong pulse
May lose consciousness

CALL 9-1-1
Take immediate action to cool the person until help arrives

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