

Know The Signs

Heat Exhaustion

Heat Stroke

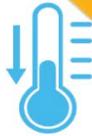
Excessive Sweating



Headache

Possibly Unconscious

Cold, Pale,
Clammy Skin



High Internal
Temperature
Above 103°F

Fast, Weak Pulse



Rapid, Strong Pulse

Nausea or Vomiting



Nausea or Vomiting

Dizziness or Fainting



No Sweating

Muscle Cramps



Hot, Dry Skin

What To Do

1. Move to a cooler location.
2. Lie down and loosen your clothing.
3. Apply cool, wet cloths to as much of your body as possible.
4. Sip water.
5. If you have vomited and it continues, seek medical attention immediately.

What To Do

1. **CALL 911 IMMEDIATELY**
2. Move the person to a cooler environment.
3. Reduce the person's body temperature with cool cloths or even a bath.
4. Do NOT give fluids.