










HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin 		 Body temp. above 104° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse 		 Rapid, strong pulse
Muscle cramps 		 May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place, and rest • Drink water if fully conscious • Take a cool shower or use cold compresses 		<p>CALL 911</p> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives <p><small>Adapted with permission from sacramentoReady.org</small></p>