

HEAT EXHAUSTION

Dizziness

Heavy sweating

**Low Blood Pressure
while standing**



**Blood Pressure
87 / 60**

**Cool, moist skin
with goosebumps**

Muscle cramps

**Faintness, fatigue,
weak, rapid pulse, nausea**



HEAT STROKE



Throbbing headache

Rapid, strong pulse

Heart rate 120 beats/min.

**Red, warm skin,
no sweating**



**Body temperature
of 104° or higher**

Tremors

May lose consciousness

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

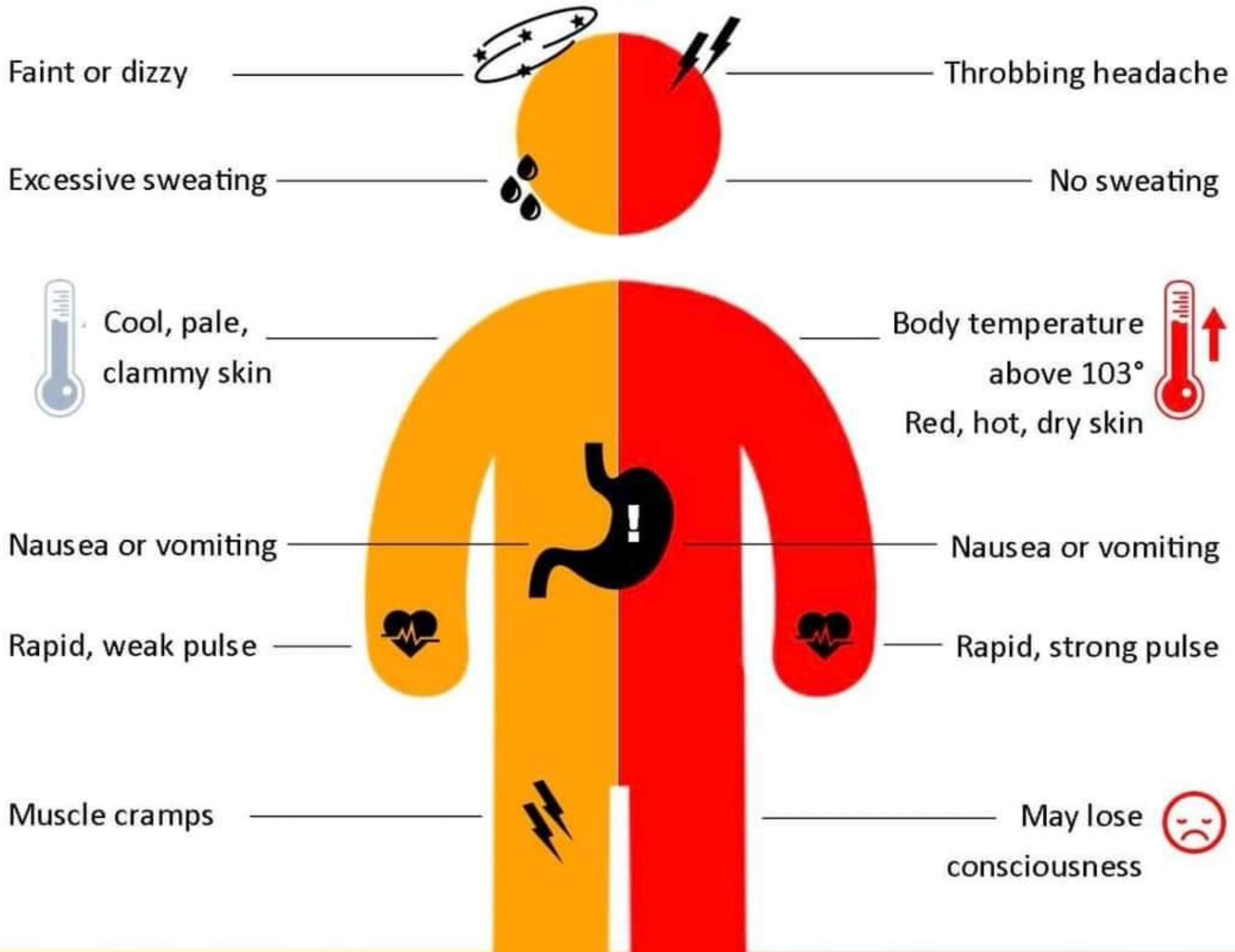
Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink 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