

Heat Sickness

YOU can prevent heat-related deaths!

Heat Exhaustion



Faint, Dizzy, Weak



Heavy Sweating



Nausea or Muscle Cramping



Rapid, weak pulse

- Get to air conditioned facility
- Drink water (if able)
- Cool shower, cool compress

Heat Stroke



Headache, confusion



Sweating has stopped!
Pale, cold and clammy skin
OR red, hot to touch



Nausea or Temperature
higher than 103



Rapid, weak pulse
May pass out



CALL 911

- Move person to shade, cooler air
- Cool cloths, cool bath
- No water unless awake