

## HEAT EXHAUSTION

OR

## HEAT STROKE

Faint or Dizzy

Excessive Sweating

Cool, Pale,  
or Clammy Skin

Nausea or Vomiting

Rapid, Weak Pulse

Muscle Cramps

Throbbing Headache

No Sweating

Body Temperature  
Above 103 Degrees

Nausea or Vomiting

Rapid, Strong Pulse

May Lose  
Consciousness



Get to a cooler, air conditioned place  
Drink water if fully conscious  
Use cold compresses or cloths

**CALL 911**

