Watch for signs of heat illness

HEAT EXHAUSTION HEAT STROKE Confusion or loss of Headache consciousness Dizziness, weakness or Extremely high body temperature (39.4°C) fainting Extreme Fast pulse thirst Fast pulse Nausea or Nausea or vomiting vomiting Extreme sweating, Lack of sweating, cool, pale skin hot red skin medical expert Lack of Muscle cramps coordination

What you should do





Heat stroke is a medical **EMERGENCY**



MOVE to a cool place out of the sun



WRAP in a wet towel or cloth



Do **NOT** give fluids

Many signs of heat exhaustion can overlap with signs of heat stroke. When in doubt, call 9-1-1



What you

should do

MOVE to a

cool place

out of the

Lay person

down and apply COOL

wet cloths

Give sips of

CALL 8-1-1

to consult with a

WATER

sun