




Do you know the difference?

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
 Cool, pale, clammy skin		Body temperature above 103° 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• Drink water if fully conscious• Take a cool shower or use cold compresses		CALL 9-1-1 <ul style="list-style-type: none">• Move person to cooler place• Cool using cool cloths or bath• Do not give anything to drink

Source: National Weather Service