Heat Exhaustion

Heat Stroke



Excessive sweating



Cool, pale, clammy skin

Nausea, vomiting



Rapid, weak pulse

Muscle cramps

Get to a cool place Drink water (if fully conscious) Take a cool shower or use cold compresses **Throbbing headache**

No sweating



Body temp above 103°F Red, hot, dry skin

Nausea, vomiting



Rapid, strong pulse

May lose consciousness

CALL 9-1-1

Get person cool until help arrives



TIPS Drink extra water for the Avoid energy drinks and alcohol Dilute Gatorade with water

