

HEAT EXHAUSTION

Heavy sweating

Pale, clammy skin

Dizziness, fainting, tiredness, weakness

Headache

Nausea or vomiting, muscle cramping

Fast pulse rate, fast but shallow breathing

If not treated, heat exhaustion can progress to heat stroke.

- Drink cool, non-alcoholic beverages.
- Rest in a cool place or in the shade or air conditioning.
- Take a cool shower or bath if possible.



HEAT STROKE

NO sweating

Red, hot, and dry skin

Dizziness, confusion, unconsciousness

Throbbing headache

Nausea

Very high temperature (above 103° F)

CALL 911 then, get the victim to a cool and/or shady area.

- Cool the victim down with water— tub of cool water, shower spray, or garden hose.
- Try to monitor body temperature and continue efforts to cool them until the temperature drops a degree or two.
- Do not give the victim alcohol to drink.
- Offer a cool drink only if the victim is conscious and can swallow.
- If emergency response is delayed, call a hospital emergency department for additional instructions. ³

