

# Heat Sickness

YOU can prevent heat-related deaths!

## Heat Exhaustion



Faint, Dizzy, Weak



Heavy Sweating



Nausea or Muscle Cramping



Rapid, weak pulse

- Get to air conditioned facility
- Drink water (if able)
- Cool shower, cool compress

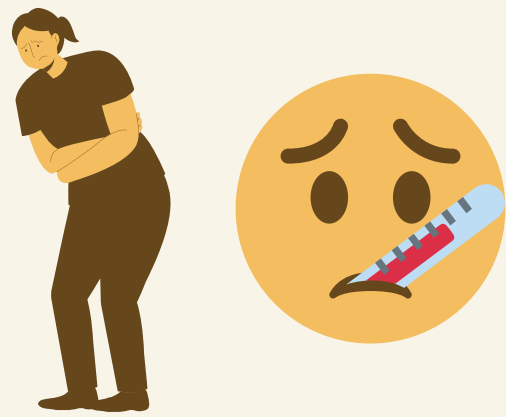
## Heat Stroke



Headache, confusion



Sweating has stopped!  
Pale, cold and clammy skin  
OR red, hot to touch



Nausea or Temperature  
higher than 103



Rapid, weak pulse  
May pass out

## CALL 911

- Move person to shade, cooler air
- Cool cloths, cool bath
- No water unless awake