



# Heat Illness: Signs & Symptoms



## Heat Exhaustion

What to look for:



Heavy sweating



Cold, pale & clammy skin



Fast, weak pulse



Nausea, vomiting



Muscle cramps



Tiredness, weakness



Dizziness



Headache



Fainting (passing out)

### Recommended actions:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

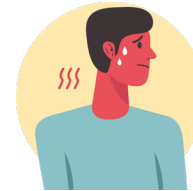
- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

## Heat Stroke

What to look for:



High temp, 103°F+



Hot, red, dry or damp skin



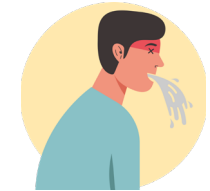
Fast, strong pulse



Headache



Dizziness



Nausea, vomiting



Confusion



Losing consciousness

### Recommended actions:

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

For more information, visit [boco.org/ExtremeHeat](http://boco.org/ExtremeHeat)

