

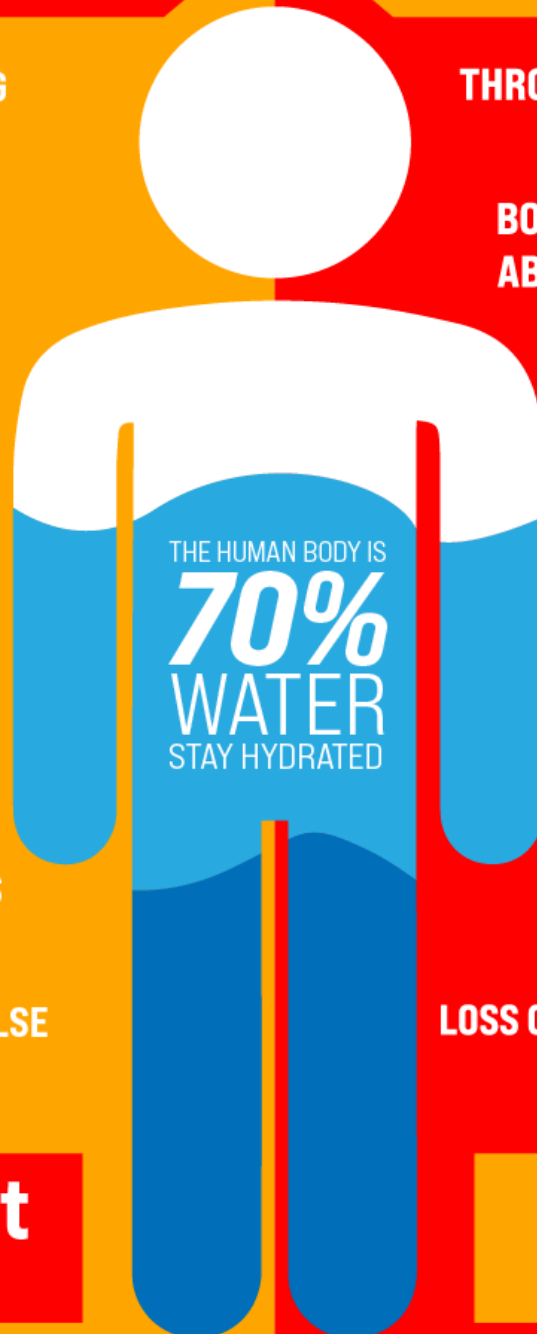
HEAT STRESS SYMPTOMS

HEAT EXHAUSTION

- HEAVY SWEATING
- DIZZINESS
- THIRST
- NAUSEA OR VOMITING
- FATIGUE
- COOL, PALE, CLAMMY SKIN
- MUSCLE CRAMPS
- RAPID, WEAK PULSE

HEAT STROKE

- THROBBING HEADACHE
- BODY TEMPERATURE ABOVE 103°F OR 40°C
- CONFUSED
- RED, HOT SKIN
- RAPID, STRONG PULSE
- SWEATING STOPS
- SLURRED SPEECH
- LOSS OF CONSCIOUSNESS



Treatment Options

Get to a cooler, air conditioned area.
Drink water with **electrolytes** to speed hydration and prevent cramps.
Use a cooling towel.

Call 911 IMMEDIATELY

Get the person cool rapidly by laying them in cool water or dousing them with water. Reduce temperature until emergency services arrives.