

# HEAT EXHAUSTION

# HEAT STROKE

**Dizziness**

**Thirst**



**Heavy Sweating**



**Nausea**

**Weakness**



**Throbbing headache**

**Confusion**

**Dizziness**

**Becomes Unconscious**

**Body temp over 103°F**



## ACT FAST

- **Move to a cooler area**
- **Loosen clothing**
- **Sip cool water**
- **Seek medical help if symptoms don't improve**

## ACT FAST

# CALL 911

- **Move to a cooler area**
- **Loosen clothing and remove extra layers**
- **Cool with water or ice**

**Heat exhaustion can lead to heat stroke.**



**Heat stroke can cause death or permanent disability if emergency treatment is not given quickly.**