HEAT EXHAUSTION



Muscle

cramps

Dizziness or fainting

Nausea or vomiting

Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination





If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids;



What are the SIGNS AN **SYMPTOMS** of heat illness?

HEAT STROKE

High body temperature



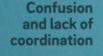




water is best.



No sweating, but very hot,





red skin

Heat stroke is a medical emergency! Call 911 or your local emergency number immediately. While waiting for help—cool the person right away by:

- · moving them to a cool place, if you can;
- · applying cold water to large areas of the skin; and
- · fanning the person as much as possible.

