

Heat Exhaustion

Dizziness
Fatigue
Thirst
Heavy sweating
Skin: Cool & moist, with goosebumps
Weak, rapid pulse
Muscle cramps

What To Do

- Stop all activity & rest
- Move someplace cooler
- Drink water

Heat Stroke

Headache
Rapid breathing
Racing heart
High temperature
Skin: Flushed
Seizures
Coma

What To Do

- Call 911 right away
- Remove excess clothes
- Cool with water/ice