

# HEAT EXHAUSTION



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

Skin rash



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**; water is best.

# HEAT STROKE

High body temperature



Confusion and lack of coordination



Dizziness/ Fainting



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.