
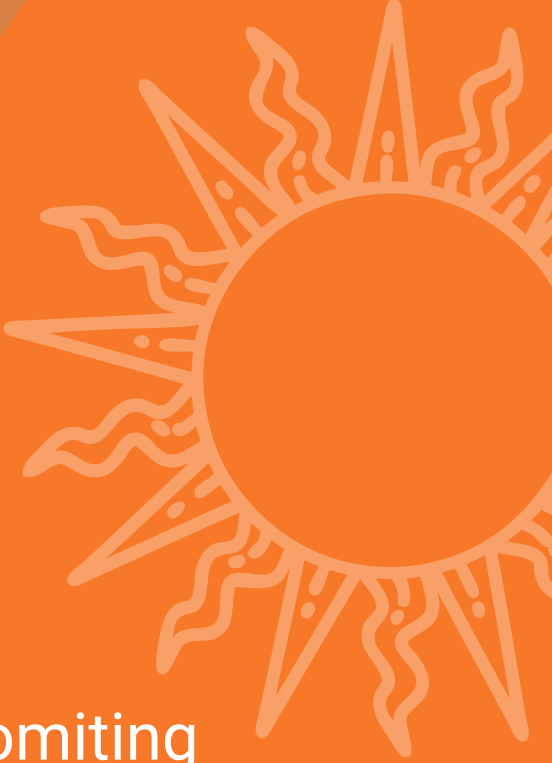


HEAT EXHAUSTION

HEAT STROKE

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- headache
 - dizzy or fainting
 - heavy sweating
 - pale and clammy skin
 - nausea or vomiting
 - fast, weak pulse
 - muscle cramps
 - excessive thirst

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- headache
 - no sweating
 - hot, red skin
 - nausea or vomiting
 - rapid heart rate
 - temperature >104° F
 - confusion or delirium
 - may lose consciousness

TAKE ACTION

- Move to a cooler, air-conditioned place.
- Loosen clothing or remove extra layers.
- Sip cool water
- Seek medical help if symptoms don't improve

HEAT EXHAUSTION can lead to stroke.

TAKE ACTION

- Call 911. This is a medical emergency.
- Move the person to a cooler place.
- Loosen clothing & remove extra layers
- Cool with water or ice

HEAT STROKE can cause death or permanent disability if emergency treat is not given.

For more information contact:
EmergencyManagement@srpmic-nsn.gov

