

Heat Illness

Know the Signs and Symptoms

HEAT EXHAUSTION

- Profuse sweating
- Wet and clammy skin
- Weakness
- Fatigue
- Blurred vision
- Fast, weak pulse
- Pale face
- Unsteady gait
- Normal to slightly elevated temperature

HEAT STROKE

- Confusion or disorientation
- Seizures or convulsions
- Very high body temperature (104° F or higher)
- Hot, dry or damp skin
- Profuse sweating (25-50% of cases)
- Fast, strong pulse
- Chills or shivering
- Restlessness
- Irritability or erratic behavior
- Collapse
- Can resemble a heart attack

BOTH

- Nausea
- Vomiting
- Headache
- Dizziness
- Red face
- Loss of consciousness/fainting

Heat Exhaustion Response

- Move to a cool place.
- Loosen clothes.
- Use cool, wet cloths on the body.
- Sip water.

Heat Stroke Response

- Call 911 immediately.
- Move to a cool place.
- Use cool, wet cloths on the body.
- Don't administer anything to drink.

