

Signs of Heat Stroke and Heat Exhaustion



Heat Exhaustion

- Passing out
- Tiredness/weakness
- Dizziness
- Nausea
- Vomiting
- Headache



- **Move to a cooler or shaded area and lie down**
- **Remove outer layers of clothing**
- **Give cold water to drink**
- **Fan**
- **Get medical help if symptoms do not improve after 15 minutes or worsen**



Heat Stroke

- Body temperature above 104°F or warm to touch AND one of the following:
- Abnormal behavior
- Confusion
- Seizures
- Slurred speech



- **Call 911!**
- **Move to a cooler or shaded area and lie down**
- **Remove outer layers of clothing**
- **Ice or cold water bath as soon as possible (if not possible, pour cold water over body and apply ice packs to palms and soles, cheeks, groin, and armpits)**
- **Fan**

For more information Prevention:
scan the QR codes:



Heat-Related Illnesses:

