

# Heat Sicknes

**Heat stroke is an emergency. Call 911 right away!**

Help prevent heat-related problems - Be EXTRA careful outside when the heat index is above 90!



## HEAT SAFETY TIP:

Know where & when your community cooling centers are open.

### Heat Exhaustion



Faint, dizzy,  
weak, confused



Heavy sweating,  
clammy skin



Nausea or  
muscle  
cramping



Fast, weak  
pulse

#### What to do

- Get to air conditioning
- Drink water, if able
- Loosen clothing, cool shower or compress

### Heat Stroke



Headache,  
confusion



Sweating has  
stopped; pale/  
clammy or red/  
hot, dry skin



Nausea or  
temperature  
over 103F



Fast pulse;  
may pass out

#### What to do

- Move to shade or cooler air
- Cool cloths or cool bath
- No water unless awake

**CALL 911**