**HEAT-RELATED ILLNESSES**

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| **Heat Stroke** | **Heat Exhaustion** |
| **Hot, red, dry skin** | **Pale, cool, clammy skin** |
| **Altered mental status** | **Irritable** |
| **Usually no sweating** | **Excessive sweating** |
| **Headache, nausea or vomiting** | **Headache, nausea or vomiting** |
| **Loss of consciousness** | **Dizziness** |
| **CALL 911 IMMEDIATELY!**  **COOL DOWN PERSON ANY WAY YOU CAN.** | **Cool down person. Move to shaded area. Give cool drinks. Call for medical assistance.** |

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