



# HEAT-RELATED ILLNESSES

## Heat Stroke

Hot, red, dry skin

Altered mental status

Usually no sweating

Headache, nausea or vomiting

Loss of consciousness

**CALL 911 IMMEDIATELY!**

**COOL DOWN PERSON ANY WAY YOU CAN.**

## Heat Exhaustion

Pale, cool, clammy skin

Irritable

Excessive sweating

Headache, nausea or vomiting

Dizziness

**Cool down person. Move to shaded area. Give cool drinks. Call for medical assistance.**

