

WARNING SIGNS OF HEAT STROKE

HEAT STROKE IS A MEDICAL EMERGENCY



WHAT TO LOOK FOR

- ✓ Fast, strong pulse

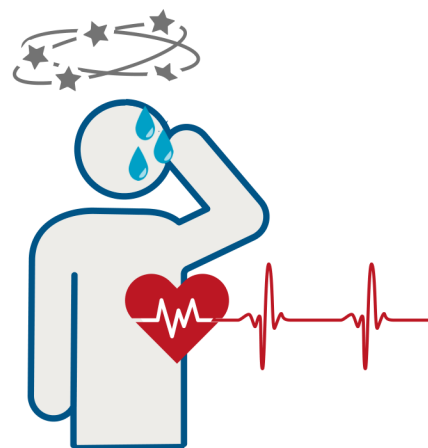
- ✓ Heavy sweating

- ✓ Hot, red, dry or damp skin

- ✓ Headache, Dizziness, Nausea

- ✓ Confusion

- ✓ Loss of consciousness (passing out)



WHAT TO DO



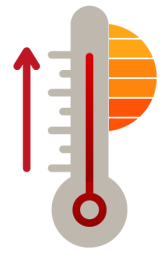
- **Call 911 immediately**

- Move the person to a cooler place

- Help lower the person's temperature with cool cloths or a cool bath

- **DO NOT** give the person anything to drink

WARNING SIGNS OF HEAT EXHAUSTION



WHAT TO LOOK FOR:

- | | |
|----------------------------|--------------------------|
| ✓ Heavy sweating | ✓ Muscle cramps |
| ✓ Cold, pale & clammy skin | ✓ Tiredness or weakness |
| ✓ Fast, weak pulse | ✓ Dizziness, headache |
| ✓ Nausea or vomiting | ✓ Fainting (passing out) |



WHAT TO DO:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- SIP water



GET MEDICAL HELP RIGHT AWAY IF:

You are throwing up

Your symptoms get worse

Your symptoms last longer than 1 hour



FELLOWSHIP SQUARE
PHOENIX

Adapted from the CDC: Warning Signs and Symptoms of Heat-Related Illness