Heat Exhaustion

- Cool, pale, clammy skin
- Rapid, weak pulse
- Muscle cramps
- Nausea, vomiting

Get to a cool place
Drink water (if fully conscious)
Take a cool shower or use cold compresses

Heat Stroke

- Throbbing headache
- No sweating
- Body temp above 103°F
- Red, hot, dry skin
- Nausea, vomiting
- Rapid, strong pulse
- May lose consciousness

CALL 9-1-1
Get person cool until help arrives

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Get person cool until help arrives

TIPS for the HEAT

Drink extra water
Avoid energy drinks and alcohol
Dilute Gatorade with water

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