


Heat exhaustion vs. heat stroke

Heat exhaustion and heat stroke can be caused by even light activity in a hot, humid environment. Know the symptoms and what to do right away.

Symptom	Heat Exhaustion	Heat Stroke
Headache	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness or fainting	<input type="checkbox"/>	<input type="checkbox"/>
Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>
Confusion or delirium	<input type="checkbox"/>	<input type="checkbox"/>
Body temperature above 104°F	<input type="checkbox"/>	<input type="checkbox"/>
Cold, pale and clammy skin	<input type="checkbox"/>	<input type="checkbox"/>
Hot, red skin	<input type="checkbox"/>	<input type="checkbox"/>
No sweat/dry skin	<input type="checkbox"/>	<input type="checkbox"/>
Heavy sweating	<input type="checkbox"/>	<input type="checkbox"/>
Loss of consciousness	<input type="checkbox"/>	<input type="checkbox"/>
Fast, weak pulse	<input type="checkbox"/>	<input type="checkbox"/>
Rapid heart rate	<input type="checkbox"/>	<input type="checkbox"/>
Weakness or muscle cramps	<input type="checkbox"/>	<input type="checkbox"/>
Excessive thirst	<input type="checkbox"/>	<input type="checkbox"/>

	Heat Exhaustion	Heat Stroke
What To Do	Hydrate with water or sports drinks	Call 911, this is a medical emergency
	Move to a cooler, air-conditioned place	Move the person to a cooler place
	Lie down	Use cold compresses to reduce body temperature
	If fully conscious, sip water	DO NOT GIVE FLUIDS
	Take a cool shower or use cool compresses	How We Sweat 
	Remove, shoes & socks, tight fitting clothes and extra layers	
	If vomiting persists, seek medical attention	
	ACT QUICKLY...Untreated heat exhaustion can quickly progress to heat stroke	

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