







Be Careful in Hot Weather

High temperatures can be dangerous.

Know the signs of heat exhaustion and heat stroke and how to help.

	Heat exhaustion Take action now to prevent heat stroke. 	Heat stroke This is an emergency. Call 911 immediately. 
Head	Faint or dizzy.	Throbbing headache, confused or unconscious.
Sweat	Excessive.	None.
Pulse	Weak, rapid.	Strong, rapid.
Stomach	Nausea or vomiting.	Nausea or vomiting.
Body	Muscle cramps, weakness.	Temperature 103° F or higher.
Skin	Pale, cool, clammy.	Red, hot, dry.
How you can help.	 Move to a cooler, air-conditioned place.  Sip water, if fully conscious. Call 911 if a person is not fully conscious or their condition worsens.	 Call 911 or go to the hospital immediately.  Cool down rapidly. Lay in cool water or douse with water.