

Is It **Heat Exhaustion** or **Heat Stroke**?

HEAT EXHAUSTION



Faint or dizzy



Excessive sweating



Cool, pale, clammy skin



Nausea or vomiting



Rapid, weak pulse



Muscle cramps

HEAT STROKE

Throbbing headache



No sweating



Body temperature above 103° and red, hot, dry skin



Nausea or vomiting



Rapid, strong pulse



May lose consciousness

