

KNOW THE SYMPTOMS



Heat Exhaustion

VS

Heat Stroke

Faint or dizzy

Throbbing headache

Excessive sweating

No sweating

Cool, clammy skin

Red, hot, dry skin

Nausea or vomiting

Nausea or vomiting

Rapid, weak pulse

Rapid, strong pulse

Muscle cramps

May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- rest!

- Call 911
- Take immediate action to cool the person until help arrives (ice bath, cold towels, etc.)

Weather the weather better -- visit climatesmartmissoula.org/summer-smart

Adapted from SacramentoReady.org