KNOW THE SYMPTOMS

Heat Exhaustion VS Heat Stroke

- Faint or dizzy
- Excessive sweating
- Cool, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

- Throbbing headache
- No sweating
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- 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