### Heat Exhaustion vs. Heat Stroke

**Heat Exhaustion**
- **Faint or dizzy**
- **Excessive sweating**
- **Cool, pale, clammy skin**
- **Rapid, weak pulse**
- **Muscle cramps**

**Heat Stroke**
- **Throbbing headache**
- **No sweating**
- **Body temperature above 103°F**
- **Red, hot, dry skin**
- **Nausea or vomiting**
- **Rapid, strong pulse**
- **May lose consciousness**

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**CALL 9-1-1**

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives