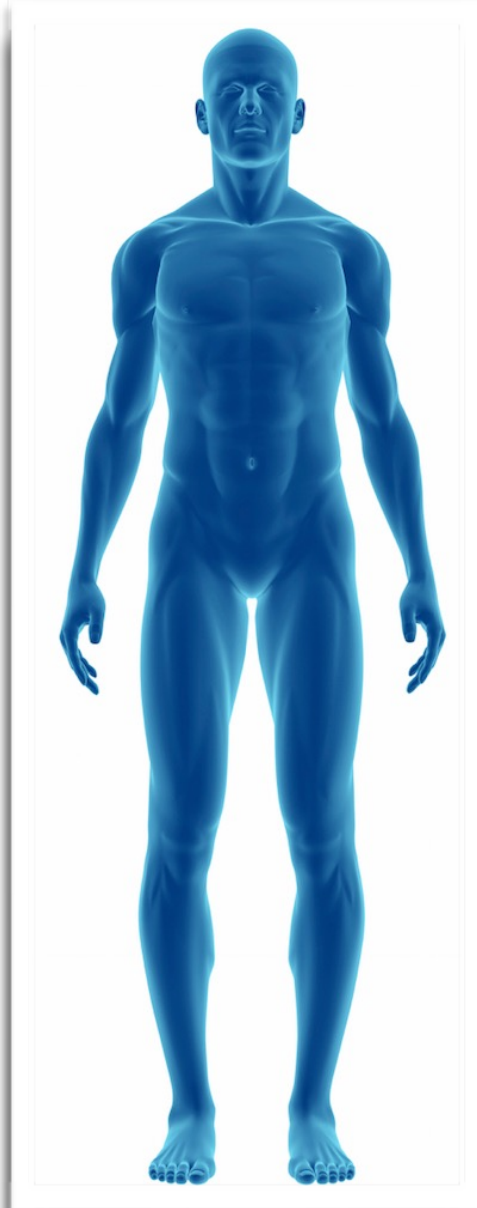


Heat Exhaustion

- Weakness
- Heavy sweating
- Pale, clammy skin
- Fast weak pulse
- Nausea/vomiting
- Fainting
- Muscle cramps
- Low blood pressure

Treatment

Condition calls for rest in a cool shady place. Replace lost fluids with water and replace salt with snacks or sports drinks. Increase rate of cooling by wetting down and fanning.



Heat Stroke

- Body temperature (above 103 F)
- Hot red skin
- Rapid strong pulse
- Disorientation
- Loss of sweat
- Unconsciousness
- Heart/ Kidney failure in extreme cases
- Personality shift

Treatment

Call #911
Remove clothing and immerse in cool water. Otherwise cold packs on neck, armpits and groin. Hydrate if able. Monitor vital signs. Seek medical assistance.