HEAT EXHAUSTION  OR  HEAT STROKE

Faint or dizzy  Throbbing headache
Excessive sweating  No sweating
Cool, pale, clammy skin
Body temperature above 103° Red, hot, dry skin
Nausea or vomiting
Nausea or vomiting
Rapid, weak pulse  Rapid, strong pulse
Muscle cramps
May lose consciousness

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

Weather.gov/socialmedia
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