

# Are you ReadyPA?

TIP SHEET

## 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



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

# CALL 9-1-1

- Take immediate action to cool the person until help arrives

mjflynn



www.pema.pa.gov

Be Informed. Be Prepared. Be Involved.



www.ready.pa.gov