**HEAT EXHAUSTION**

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- 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

**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

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