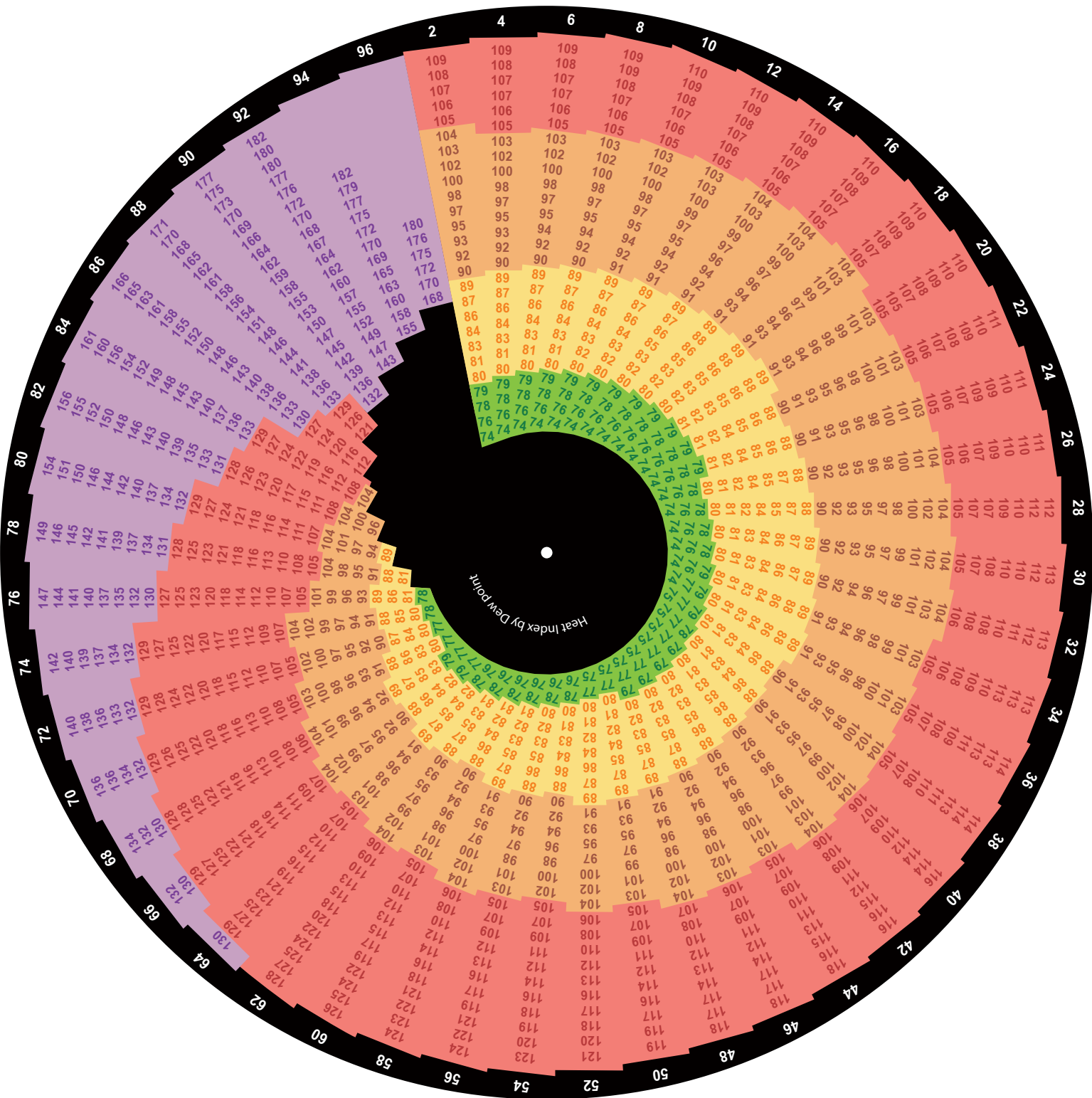


HEAT INDEX

Temperature & DEW POINT


National Weather Service






HEAT EXHAUSTION OR HEAT STROKE

Faint or dizzy  Throbbing headache
 Excessive sweating  No sweating

 Cool, pale, clammy skin

Body temperature above 103°F 
 Red, hot, dry skin

Nausea or vomiting  Nausea or vomiting
 Rapid, weak pulse  Rapid, strong pulse

Muscle cramps  May lose consciousness 

What to do

What to do

Get to a cooler, air conditioned place

CALL 9-1-1

Drink water if fully conscious

Take immediate action to cool the person until help arrives

Take a cool shower or use cold compression

