

Heat Exhaustion

Go to cooler place, drink water, shower or use cold compress



Heat Stroke

Call 999 cool the person until help arrives

Rapid, weak pulse

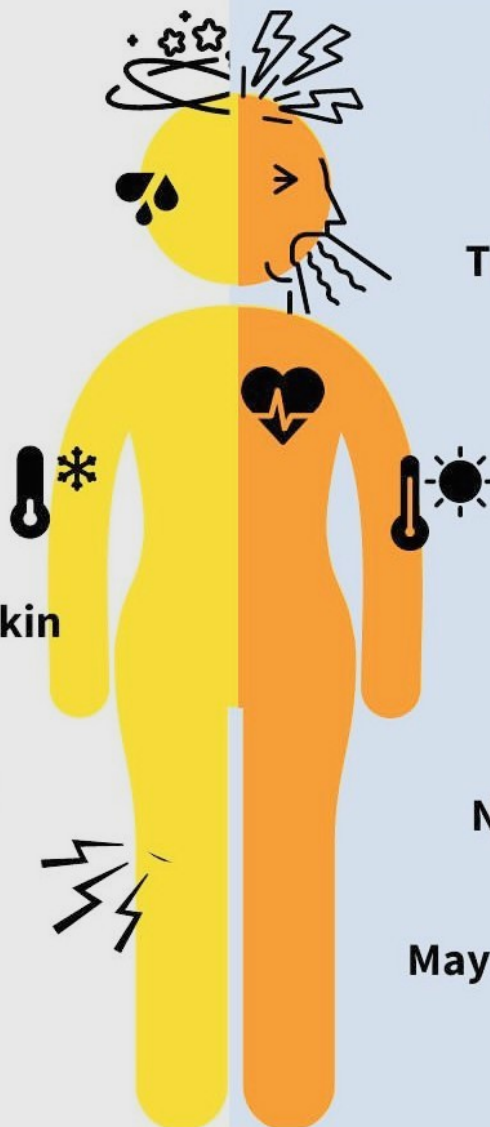
Dizziness

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Muscle cramps



Rapid, strong pulse

Throbbing headache

No sweating

Temperature above 103;
Red, hot, dry skin

Nausea or vomiting

May lose consciousness