KNOW THE SIGNS

**Heat Exhaustion**
- Dizzy or Faint
- Excessive Sweating
- Rapid/Weak Pulse

Move to cooler area. Sip cool water. Seek medical help if symptoms don’t improve.

**Heat Stroke**
- Confusion/Loss of Consciousness
- No Sweating
- Rapid/Strong Pulse

Call 9-1-1. Cool person with water or ice.