

# 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.



THE UNIVERSITY OF ARIZONA  
Office of Public Safety