



HEAT EXHAUSTION

SYMPTOMS: heavy sweating, fast/weak pulse, muscle cramps, headache, nausea/vomiting, dizzy/fainting

WHAT TO DO: move to a cool place, loosen clothing, take a cool bath or put cool wet cloths on your body, sip water

CALL 911 or Get Medical Help: if you are vomiting or your symptoms get worse or last longer than 1 hour