Heat Exhaustion
- Caused by loss of water through sweating without adequate fluid replacement. It is the most common heat related illness.
- **Signs and symptoms**: Heavy (excessive) sweating with skin feeling cool and clammy or moist, pale, gray or flushed looking, headache, weakness, dizziness, nausea.
- **Treatment**: Move the victim to a cool or shady area. Loosen or remove sweat soaked clothing. Pour water on and fan victim. If conscious slowly drink 4 oz. cool water every 15 minutes. Elevate legs. If possible, avoid strenuous activity for the remainder of the day. Monitor the victim until the symptoms are gone, or medical aid arrives.

Heat Stroke
- If heat exhaustion is ignored, this is what may happen. Heatstroke must be considered a medical emergency that may result in death of treatment is delayed.
- **Signs/Symptoms**: It is caused by failure of the body’s cooling mechanisms. Inadequate sweating is a factor. Skin is red (flushed), hot and dry, changes in consciousness, rapid weak pulse and rapid shallow breathing, may experience weakness, dizziness, confusion, headaches, seizures, nausea.
- **Treatment**: Cool victim immediately. Loosen or remove victim’s clothing. Spray or pour water on victim; fan to permit a coolant effect of evaporation. Massage extremities and skin which increases the blood flow to those body areas, thus aiding the cooling process. Elevate legs. Slowly drink water if conscious.