

HEAT EXHAUSTION

HEAT STROKE

Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

Throbbing headache

No sweating

Body temp above 39°C, 103°F red hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness



If you think someone might have heatstroke, call 000 immediately.

While waiting for help, move the person into a cool, shady place.

Remove any unnecessary clothing.

Wet their skin with water and ice packs if possible.