

HEAT EXHAUSTION or HEAT STROKE

HEAT EXHAUSTION

USUALLY A FEVER
OVER 100.4° F

HEADACHE

FATIGUE, ANXIETY
& FAINT FEELING

WEAKNESS &
MUSCLE CRAMPS

NAUSEA &
VOMITING

PALE, MOIST SKIN

DIARRHEA

HEAT STROKE

HIGH FEVER,
OVER 104° F

HEADACHE

FATIGUE,
CONFUSION,
AGITATION
& STUPOR

RAPID HEART RATE

SEIZURES, COMA
& DEATH POSSIBLE

NAUSEA,
VOMITING &
LOSS OF APPETITE

WARM, DRY SKIN

FIRST AID

MOVE TO A COOL
PLACE & REST

REMOVE EXCESS
CLOTHING &
FAN SKIN

PLACE COOL
CLOTHS ON SKIN

DRINK COOL
WATER OR SPORTS
DRINKS IF FULLY
CONSCIOUS

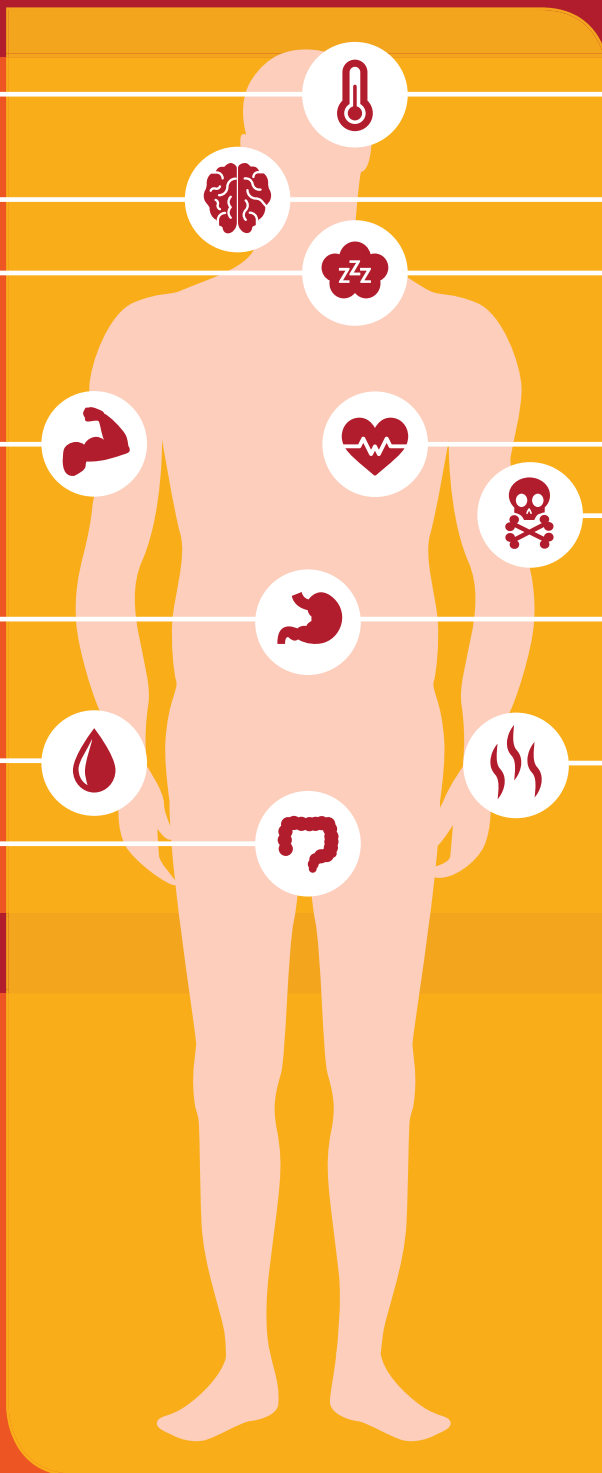
FIRST AID

CALL 911

MOVE TO A COOL
PLACE & REST

REMOVE EXCESS
CLOTHING,
DRENCH SKIN
WITH COOL
WATER & FAN SKIN

PLACE ICE BAGS
ON THE ARMPITS
& GROIN AREAS



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Franciscan HEALTH