

Two types of heat illness:

Heat Exhaustion



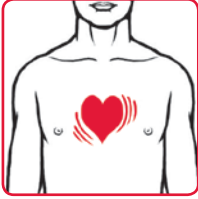
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



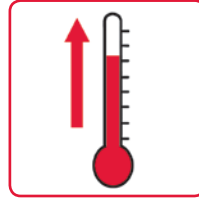
Cramps



Heat Stroke



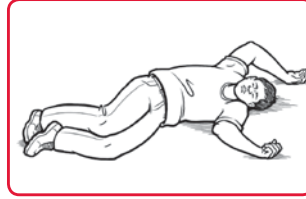
Red, hot, dry skin



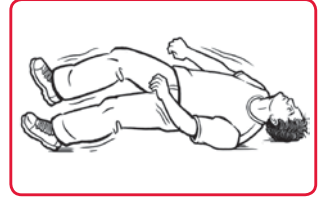
High temperature



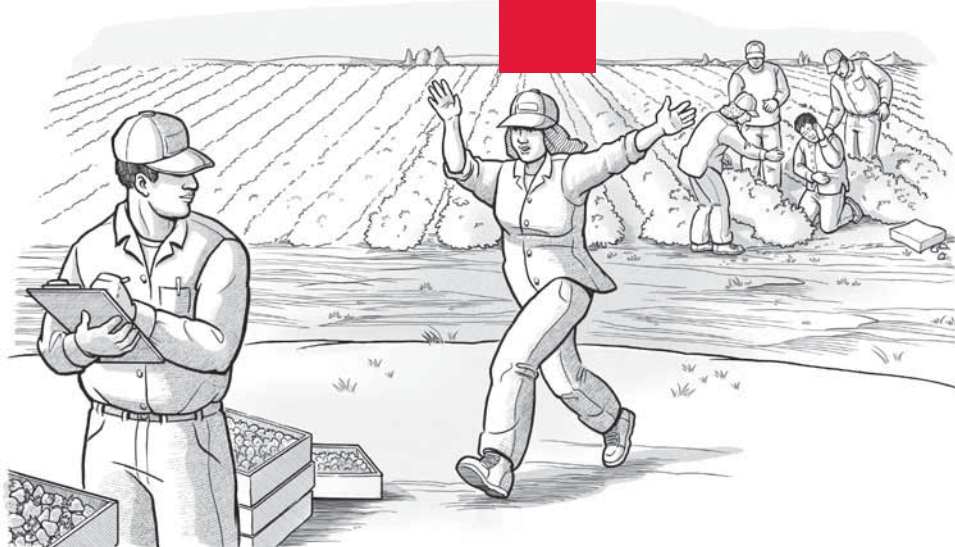
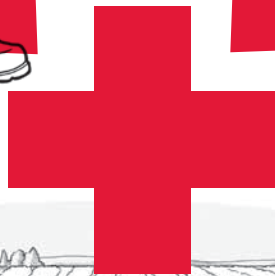
Confusion



Fainting



Convulsions



Heat kills – get help right away!