

# HEAT EXHAUSTION

Heavy sweating  
Weakness  
Cold, pale, clammy skin  
Fast, weak pulse  
Nausea or vomiting  
Fainting

## WATCH FOR THE SIGNS

Seek medical care **immediately** if you have or someone you know has symptoms of heat sickness. Warning signs and symptoms vary but may include:

High body temperature  
(104°F or higher)  
Hot, red, dry or moist skin  
Rapid and strong pulse  
Possible unconsciousness

# HEAT STROKE

## IT'S **HOT** OUTSIDE!

Extremely hot weather can cause sickness or even death.

**STAY COOL.** Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

**STAY HYDRATED.** Drink plenty of water and don't wait until you're thirsty to drink.

**STAY INFORMED.** Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

### **KNOW WHEN IT'S HOT!**

Sign up to receive free weather alerts on your phone or e-mails from [www.weather.com/mobile](http://www.weather.com/mobile)



[www.azdhs.gov/heat](http://www.azdhs.gov/heat)

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**STAY INFORMED.**



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health