

Extreme Heat Graphic



HEAT EXHAUSTION



HEAT STROKE



DIZZINESS, FAINTING



INTENSE THIRST



EXCESSIVE SWEATING



RAPID WEAK PULSE



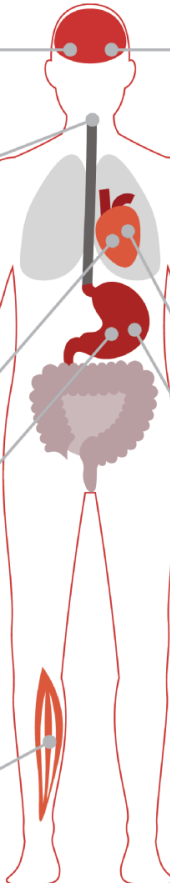
NAUSEA, VOMIT



PALE, COLD, CLAMMY SKIN



MUSCLE CRAMPS, FATIGUE



HEADACHE, CONFUSION



ELEVATED
BODY TEMPERATURE



NO SWEATING



RAPID STRONG PULSE



NAUSEA, VOMIT



RED HOT SKIN



MAY LOSE CONSCIOUSNESS



FIRST AID



MOVE TO A COOLER PLACE



DRINK WATER IF ABLE



TAKE A COLD SHOWER



USE COLD COMPRESSES



ARKANSAS STATE UNIVERSITY
Office of
Emergency Management



CALL EMERGENCY SERVICES



TAKE IMMEDIATE ACTION
TO COOL THE PERSON

WHO IS MORE AT RISK



OLDER
ADULTS



PEOPLE WITH
DISABILITIES



CHILDREN



OUTDOOR
WORKERS



PEOPLE WITH CERTAIN
CHRONIC ILLNESSES

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