

# HEAT EXHAUSTION VS. HEATSTROKE

**FAINT OR DIZZY**

**EXCESSIVE THIRST**

**EXCESSIVE SWEATING**

**NAUSEA OR VOMITING**

**PALE, CLAMMY SKIN**

**MUSCLE CRAMPS**

**HEAT RASH**



**TEMPERATURE ABOVE 40°C**

**CONFUSION**

**NO SWEATING**

**RAPID BREATHING**

**RAPID HEARTBEAT**

**SEIZURE**

**MAY LOSE CONSCIOUSNESS**