



Heat Exhaustion/Heat Stroke

Signs and Symptoms

- Cold, pale and clammy skin
- Dizziness
- Fast, weak pulse
- Headache
- Heavy sweating
- Losing consciousness (passing out)
- Muscle cramps
- Nausea or vomiting
- Tiredness or weakness

What To Do

- Move person to a cooler place.
- Loosen clothes.
- Help lower the person's temperature with cool cloths or a cool bath.
- Provide sips of water only if person is fully awake and without difficulty breathing or nausea.

Call 911 if symptoms persist or worsen as heat exhaustion can lead to heat stroke, which is a medical emergency.

ORLANDO
HEALTH[®]

**Orlando Regional
Medical Center**

Level One Trauma Center

29 W. Sturtevant St. | Orlando, FL 32806
To learn more, visit [OrlandoHealth.com](https://www.OrlandoHealth.com)