

Signs of Heat Illness

HEAT can quickly become dangerous and make you ill! Everyone is at risk.

HEAT EXHAUSTION

Dizziness or fainting

Thirst

Nausea and/or vomiting

Heavy sweating

Weakness

Pale, cool, clammy skin

Muscle cramps



HEAT STROKE

Confusion

Dizziness

Rapid shallow breathing

Throbbing headache

High body temperature

Hot, red, and dry skin

Loss of consciousness



Learn more at [Maine.gov/cooldown](https://www.maine.gov/cooldown)



Cool Down & Drink Up

HEAT can quickly become dangerous and make you ill!

Signs of **Heat Exhaustion**

- Heavy sweating
- Pale, cool, and clammy skin
- Dizziness or fainting
- Nausea and/or vomiting
- Headache
- Weakness or fatigue
- Muscle cramps

What to do

- Move to a cooler place
- Lie down and rest
- Slowly sip water
- Loosen clothing
- Apply cool wet cloths to skin, or take cool shower or bath
- Seek medical help if symptoms get worse

VS

Signs of **Heat Stroke**

- Hot, red, and dry or damp skin (sweating may or may not be present)
- High body temperature (above 103°F)
- Rapid pulse
- Rapid and shallow breathing
- Throbbing headache
- Confusion
- Loss of consciousness
- Seizures

What to do

- **Call 9-1-1 immediately**
- Move the person to a cooler place
- Cool the person down immediately using cold water, ice, fan or whatever is available
- Do not give fluids if the person is unconscious or confused

