



# AVOID HEAT STROKE 避免中暑



## HEAT EXHAUSTION 中暑



Faint or dizzy  
头晕或头晕



Excessive sweating  
出汗过多



Cool, pale, or clammy skin  
皮肤凉爽、苍白或湿冷



Nausea or vomiting  
恶心或呕吐



Rapid, weak pulse  
脉搏快速、微弱



Muscle cramps  
肌肉痉挛

## HEAT STROKE 中暑



Headache  
头痛



No sweating  
不出汗



Hot, dry, or damp skin  
皮肤发热、干燥或潮湿



Body temperature above 103 F / 40 C  
体温高于 40 摄氏度



Rapid, strong pulse  
快速、强劲的脉搏



Unconsciousness  
无意识

**Call 9-1-1 if you suspect HEAT STROKE**  
**Call 3-1-1 for Cooling Centers and Resources**

如果您怀疑中暑, 请拨打 9-1-1  
致电 3-1-1 联系冷却中心和资源



[Climate4LA.org/Heat](https://Climate4LA.org/Heat)  
[Emergency.LAcity.gov/Updates](https://Emergency.LAcity.gov/Updates)

