



# AVOID HEAT STROKE



## HEAT EXHAUSTION



Faint or dizzy



Excessive sweating



Cool, pale, or clammy skin



Nausea or vomiting



Rapid, weak pulse



Muscle cramps

## HEAT STROKE



Headache



No sweating



Hot, dry, or damp skin



Body temperature above 103 F or 40C



Rapid, strong pulse



Unconsciousness

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



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

