

AVOID HEAT STROKE

HEAT EXHAUSTION



Faint or dizzy



Excessive sweating



Cool, pale, or clammy skin



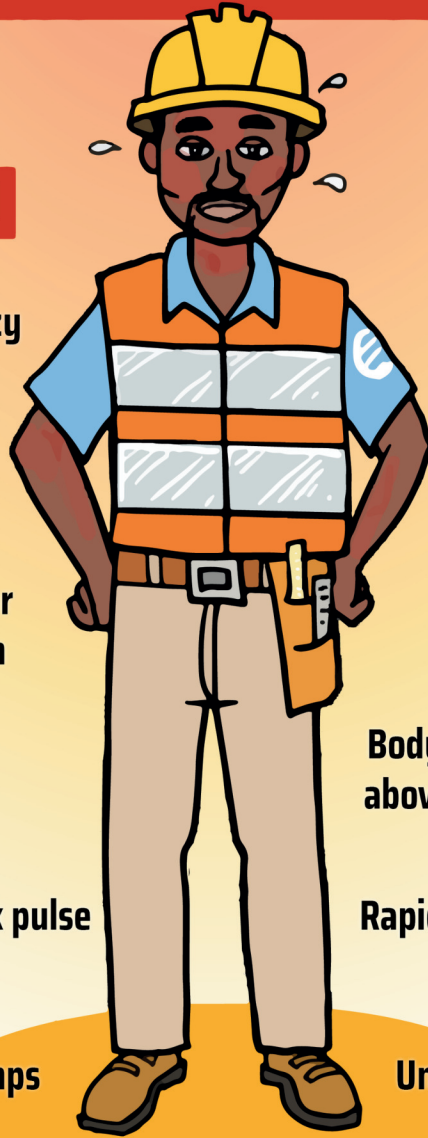
Nausea or vomiting



Rapid, weak pulse



Muscle cramps



HEAT STROKE



Headache



No sweating



Hot, dry, or damp skin



Body temperature above 103 F or 40 C



Rapid, strong pulse



Unconsciousness

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

LAo
AWARE
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Emergency.LAcity.gov/Updates

