

AVOID HEAT STROKE

HEAT EXHAUSTION



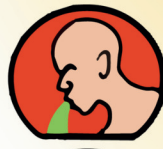
Faint or dizzy



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



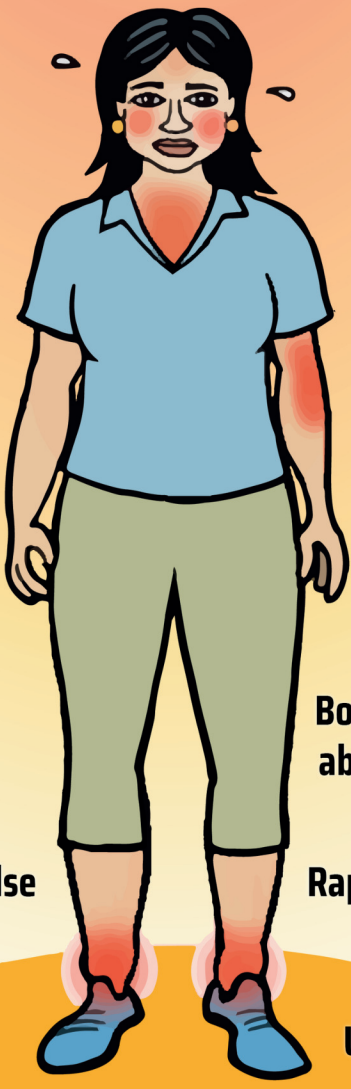
Body temperature above 103 F or 40C



Rapid, strong pulse



Unconsciousness



WLO
ASAP
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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
Emergency.LAcity.gov/Updates

