

# Signs and Symptoms of Heat Emergencies

## **Watch for these signs and symptoms of HEAT CRAMPS:**

1. Stomach cramps
2. Extreme pain and spasms in the arms and legs

## **Watch for these signs of HEAT EXHAUSTION:**

1. Cool and clammy skin
2. Heavy Sweating
3. Headache, nausea, or vomiting
4. Weak pulse
5. Shallow breathing
6. Possible loss of consciousness

## **Watch for these signs of HEAT STROKE:**

1. Headache, dizziness, and dry mouth
2. Hot, flushed, dry skin
3. Bounding pulse
4. Loss of consciousness
5. Seizures