

# Heat exhaustion vs. Heat stroke

## Learn the symptoms

### Heat exhaustion

What it looks like

Elevated body temperature

Dizziness

Headache

Heavy sweating

Decreased urination

Nausea

Thirst

Irritability

Fatigue

### Heat stroke

What it looks like

High temperature (103° F or more)

Confusion

Slurred speech

Skin is hot, red, and dry

Seizures

Fainting

### Take action

Move worker to a cool place

Remove and loosen clothes

Cool with wet cloths or take a cool bath if available

Offer small sips of water

### When to call for help

Symptoms worsen

Symptoms persist



### Take action

**Call 911:** this is a medical emergency



### After you call

Move worker to a cool place and don't leave alone until help gets there

Lower temperature by removing clothes

Give a cool bath, if available

Information from the Centers for Disease Control and Prevention (CDC.gov)