

# ALERT-HEAT WAVE

You must be aware of the dangers of Extreme Heat

## Heat Exhaustion

Faint or dizzy

Excessive sweating

Rapid, weak pulse

Nausea or vomiting

Cool, pale, clammy skin

Muscle cramps



Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.



## Heat Stroke

Throbbing headache

Confused, may lose consciousness

Rapid, strong pulse

Nausea or vomiting

Body temperature above 103°

Red, hot skin



Call 911 right away!  
Get the person cool quickly by laying them in cool water or dousing them with cool water.



For more information visit our emergency preparedness page at [City of Middletown Health Department Emergency Preparedness](#)

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