HEAT EXHAUSTION -> HEAT STROKE

- HEAT RELATED EMERGENCIES
- SYMPTOMS:
  - Hot
  - Sweating
  - Redness to skin
  - Muscle cramps
  - Nausea
  - Weakness
  - Dizzy

Source: http://www.medicinenet.com/heat_stroke/article.htm#
HEAT EXHAUSTION -> HEAT STROKE

- IMMEDIATE RESPONSE REQUIRED
- Cool the person down
  - Get them out of the heat. Air conditioning is best.
  - Remove outer clothing
  - COLD WATER TO THE BODY
  - Ice pack
  - Cold fluids
  - Fanning

DO THIS TO AVOID -> HEAT STROKE
HEAT EXHAUSTION -> HEAT STROKE

- HEAT STROKE:
  - Confusion or strange behavior
  - Vomiting -> inability to drink
  - Red, hot, dry skin
  - Shallow breathing -> seizures -> no response

1. COOL THE PERSON OFF
2. CALL 911