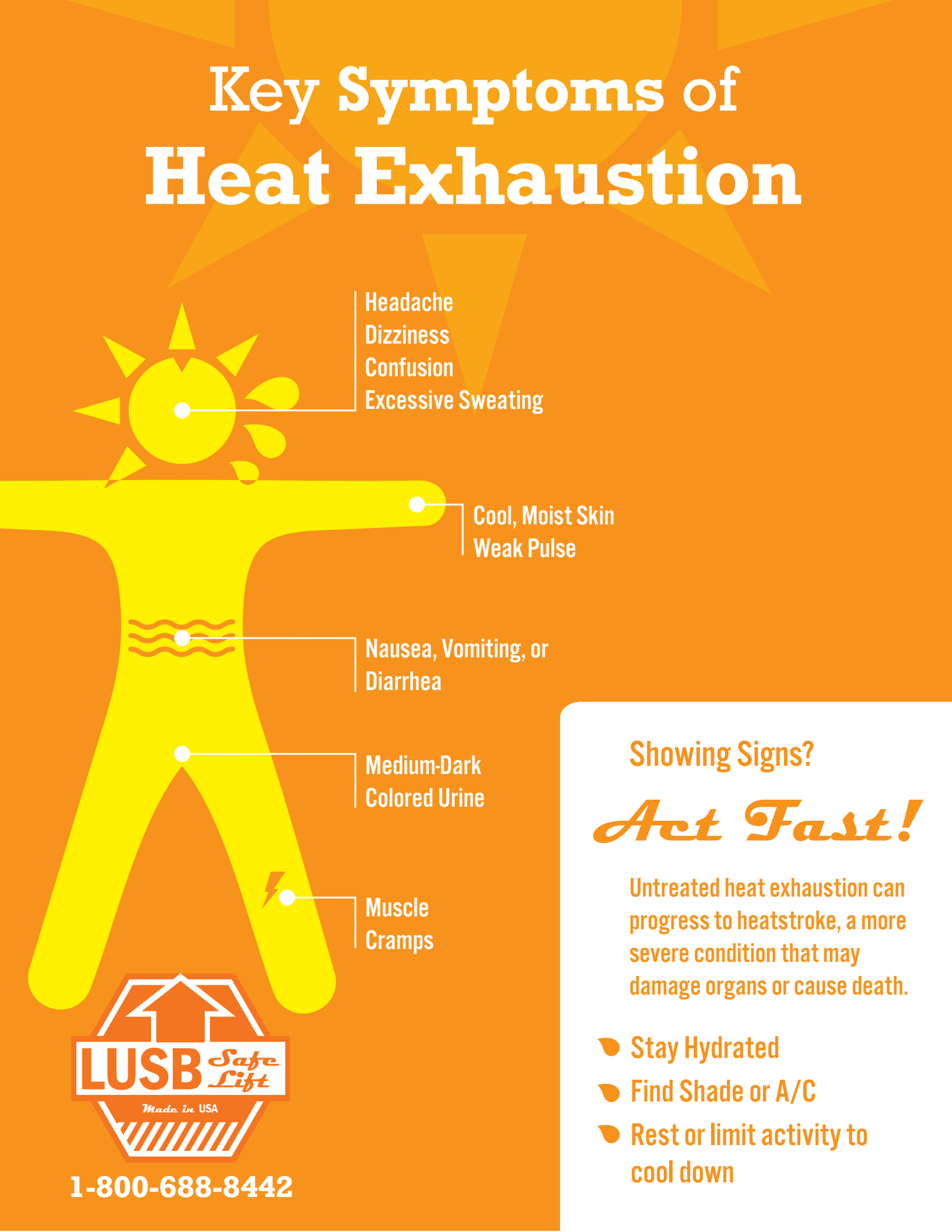


Key Symptoms of Heat Exhaustion



The diagram shows a stylized human figure in shades of orange and yellow. A sun is positioned above the head. Five callout lines point to specific symptoms: one to the head, one to the arm, one to the stomach area, one to the leg, and one to the lower leg. The background features a large, faint sunburst pattern.

Headache
Dizziness
Confusion
Excessive Sweating

Cool, Moist Skin
Weak Pulse

Nausea, Vomiting, or
Diarrhea

Medium-Dark
Colored Urine

Muscle
Cramps

Showing Signs?

Act Fast!

Untreated heat exhaustion can progress to heatstroke, a more severe condition that may damage organs or cause death.

- Stay Hydrated
- Find Shade or A/C
- Rest or limit activity to cool down



1-800-688-8442