

The infographic is divided into two main vertical sections: Heat Exhaustion (orange) and Heat Stroke (red), separated by a central 'OR' label. At the top, a circular diagram shows a person's head split vertically. The left side (orange) shows a person fainting or dizzy (indicated by a dizziness icon) and excessive sweating (indicated by sweat droplets). The right side (red) shows a throbbing headache (indicated by a lightning bolt icon) and no sweating. Below this, a larger human figure is split vertically. The left side (orange) shows cool, pale, clammy skin (with a thermometer icon), nausea or vomiting (with a stomach icon), a rapid, weak pulse (with a heart icon), and muscle cramps (with a lightning bolt icon). The right side (red) shows a body temperature above 103° (with a thermometer icon and an upward arrow), red, hot, dry skin, nausea or vomiting (with a stomach icon), a rapid, strong pulse (with a heart icon), and confusion (with a sad face icon and the handwritten word 'Confusion'). At the bottom, the Heat Exhaustion section lists three treatment steps: getting to a cooler place, drinking water if conscious, and taking a cool shower or using cold compresses. The Heat Stroke section lists one step: taking immediate action to cool the person until help arrives. A large 'CALL 9-1-1' text is centered at the bottom of the Heat Stroke section.

HEAT EXHAUSTION OR HEAT STROKE

Faint or dizzy — **Throbbing headache**

Excessive sweating — **No sweating**

Cool, pale, clammy skin — **Body temperature above 103°**
Red, hot, dry skin

Nausea or vomiting — **Nausea or vomiting**

Rapid, weak pulse — **Rapid, strong pulse**

Muscle cramps — **Confusion**
May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives