

AVOID HEAT STROKE

HEAT EXHAUSTION



FAINT OR DIZZY



EXCESSIVE SWEATING



COOL, PALE OR CLAMMY SKIN



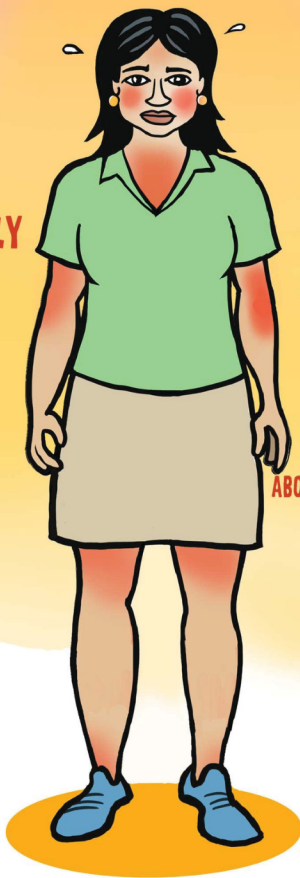
NAUSEA OR VOMITING



RAPID, WEAK PULSE



MUSCLE CRAMPS



HEAT STROKE

HEADACHE



NO SWEATING



BODY TEMPERATURE ABOVE 103° F OR 39° C



NAUSEA OR VOMITING



RAPID, STRONG PULSE



UNCONSCIOUSNESS



LA10
NASCARE
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Call 9-1-1 if you suspect HEAT STROKE
Call 3-1-1 for Cooling Centers and Resources



Climate4LA.org/Heat
Emergency.LACity.gov/Updates



CLIMATE EMERGENCY
MOBILIZATION OFFICE

