

Heat Exhaustion:

- Heavy sweating
- Heavy thirst
- Panting/rapid breathing
- Rapid pulse
- Headache
- Blurred vision
- Exhaustion, weakness
- Clumsiness
- Confusion
- Dizziness or fainting
- Cramps

Heat Stroke

- No sweating
- Red or flushed, hot dry skin
- Any symptom of heat exhaustion but more severe
- Difficult breathing
- Pinpoint pupils
- Bizarre behavior
- Convulsions
- Confusion
- Collapse