

The Difference Between Heat Rash, Exhaustion and Stroke

	HEAT RASH	HEAT EXHAUSTION	HEAT STROKE
SKIN	Tiny, itchy red bumps	Pale, heavy sweating	Red, hot, dry (no sweating)
TEMP	Normal	100-102°F	104°F and above
MENTAL STATE	Normal	Dizzy, confused	Disoriented, unconscious
ACTION	Keep dry, cool	Cool area, fluids, rest	Call 911, get to cool place

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