

HEAT EXHAUSTION

Heat exhaustion signs and symptoms to watch out for:



Heavy sweating



Headache



Dizziness



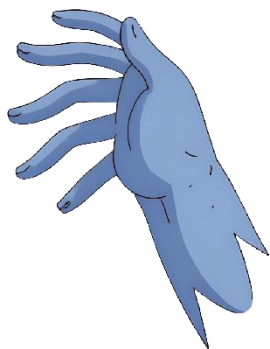
Fatigue



Muscle cramps



Fast heart rate



Cold, clammy skin



Nausea



High body temperature