



**NEWARK UNIFIED  
SCHOOL DISTRICT**

## **QUICK REFERENCE SHEETS**

### **RECOGNIZING THE DIFFERENCE BETWEEN HEAT ILLNESS AND HEAT STROKE**

#### **HEAT ILLNESS**

- Dizziness or light-headedness
- Headache
- Nausea or vomiting
- Confusion or disorientation
- Rapid pulse
- Excessive sweating or lack of sweating

#### **HEAT STROKE**

- High body temperature
- Altered mental state
- Hot, dry skin or profuse sweating
- Nausea or vomiting
- Rapid pulse
- Loss of consciousness

# EMERGENCY RESPONSE

## FOR HEAT ILLNESS PREVENTION

