Drink water BEFORE AND DURING outdoor activities in the summer in AZ to prevent dehydration.

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid intake. Signs and symptoms may include:

- Feeling faint or dizzy
- Nausea
- **Heavy sweating**
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin
- Low-grade fever
- Heat cramps
- Headache
- Fatigue
- Dark-colored urine

**HEAT EXHAUSTION AND HEAT STROKE CARE:**

Call 911 or emergency medical help if the person’s condition deteriorates, especially if fainting, confusion or seizures occur, or if fever of 104°F (40°C) or greater occurs with other symptoms.

Once the fever surpasses 104°F, the person is having **heat stroke**, which is even more dangerous. There may be changes in mental status ranging from personality changes to confusion and coma. Skin may be hot and dry — although if heatstroke is caused by exertion, the skin may be moist.

Other signs and symptoms of heat stroke may include:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered blood pressure
- **Cessation of sweating**
- Irritability, confusion or unconsciousness
- Feeling dizzy or lightheaded
- Headache, Nausea, Fainting

Info from MayoClinic.com