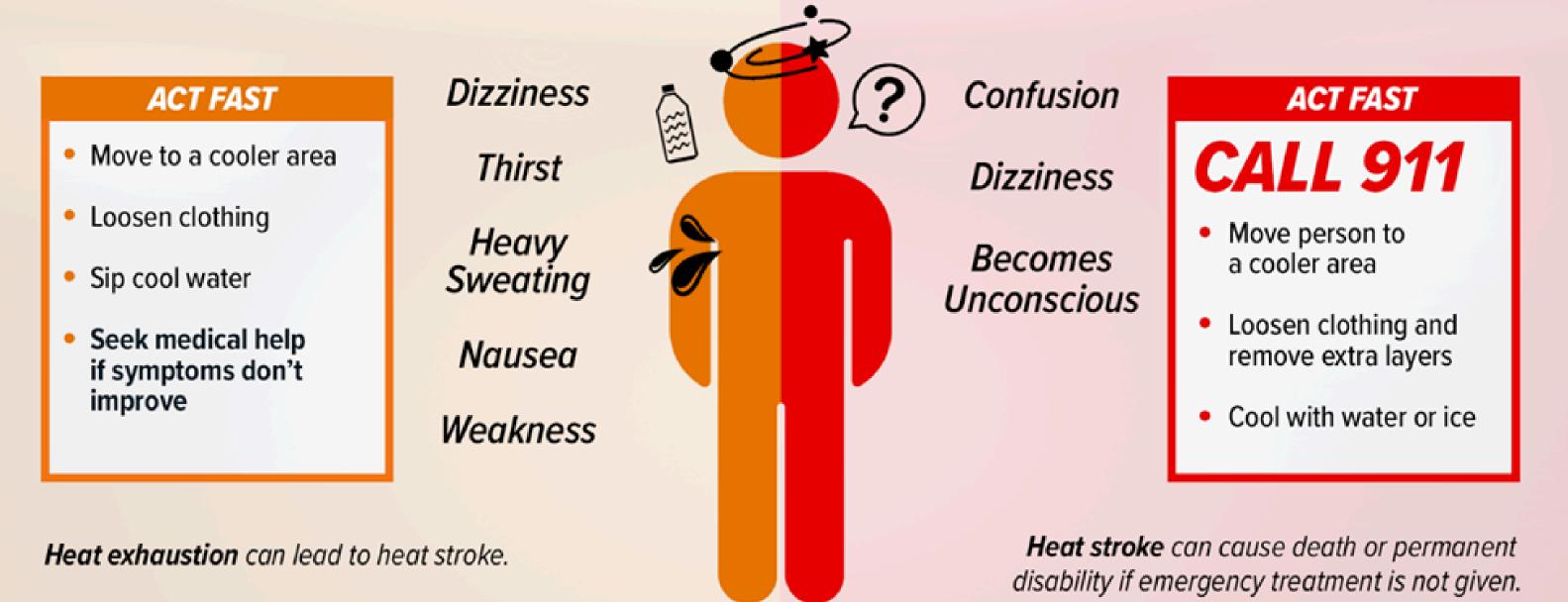
Heat exhaustion is a heat illness that occurs when the body temperature rises due to environmental conditions or exertion. It's less serious than other heat-related illnesses like heat stroke, but it can progress to heat stroke.

Heat Exhaustion

Heat Stroke





Stay Cool, Stay Hydrated, Stay Informed!



Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes.