

Heat Stroke vs. Heat Exhaustion: Symptom Comparison

Symptom	Heat Exhaustion	Heat Stroke
Body Temperature	Elevated, usually < 104°F (40°C)	Very high, ≥ 104°F (40°C)
Skin Appearance	Cool, pale, and clammy; heavy sweating	Hot, dry skin (or profuse sweating with exertion)
Sweating	Profuse	Absent (classic) or present (exertional)
Mental Status	Dizziness, fatigue, fainting	Confusion, agitation, seizures, unconsciousness
Pulse	Rapid and weak	Rapid and strong
Breathing	Fast, shallow	Rapid and deep
Nausea/Vomiting	Common	Possible
Muscle Cramps	Common	Possible but less typical
Headache	Yes	Often severe
Consciousness	Generally maintained, may faint	May be lost or severely altered
Urgency of Care	Needs prompt attention and cooling	Medical emergency – call 911 immediately