Heat Stroke Comic Are you okay?! I need to call 911 or the local emergency line! She has heat stroke! Symptoms of heatstroke are: red skin (either dry or moist), changes in consciousness, a rapid, weak pulse, and rapid, shallow breathing. Why wear a jacket? Its so hot out! Loosen or remove any unnecessary Move the person to a cool, shady place. clothing and help the person cool down. Are you feeling better? Yeah. apply wet cloths 4 ozs of water If conscious, give them small amounts fan the person of water, about 4 oz every 15 minutes. You're not You're feeling right. better. refusing water -vomitting How to tell if the person is getting worse -having many changes in consciousness