# **HEAT-RELATED ILLNESSES**

### WHAT TO LOOK FOR

### WHAT TO DO

### **HEAT STROKE**

- · High body temperature (103°F or higher)
- · Hot, red, dry, or damp skin
- · Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- . Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

# **HEAT EXHAUSTION**

- · Heavy sweating
- · Cold, pale, and clammy skin
- · Fast, weak pulse
- · Nausea or vomiting
- · Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- · Fainting (passing out)

- Move to a cool place
- · Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

#### Get medical help right away if:

- · You are throwing up
- · Your symptoms get worse
- · Your symptoms last longer than 1 hour

# **HEAT CRAMPS**

- Heavy sweating during intense exercise
- · Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

#### Get medical help right away if:

- · Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

### **SUNBURN**

- · Painful, red, and warm skin
- · Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- · Do not break blisters

### **HEAT RASH**

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- · Stay in a cool, dry place
- · Keep the rash dry
- Use powder (like baby powder) to soothe the rash

