

HEAT ILLNESS

The various forms – and what to do about them

HEAT STROKE

WHAT TO LOOK FOR:

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

WHAT TO DO:

- 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 Stroke is the most severe form of heat illness. At this point, the person is no longer sweating, they may be confused and disoriented. They could pass out. Their skin may be red, and their heart beating heavily. They might be dizzy, have a headache, or vomit. Their body temperature is really high, and their body will start to shut down. A person with symptoms of heat stroke requires immediate medical attention. Call 911. While waiting for emergency responders, do what you can to cool the person down. Move them to shade or a cool area and place cool cloths on the person, but don't give them anything to drink.

HEAT EXHAUSTION

WHAT TO LOOK FOR:

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

WHAT TO LOOK DO:

- 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
 - Symptoms get worse
 - Symptoms last longer than one hour

A person suffering from **heat exhaustion** may also feel nauseous. They might have a headache or be dizzy. They will be sweating heavily, but their skin will be cold, pale and clammy. They might feel tired or weak and could have muscle cramps or even pass out. This person also needs to be moved to cool area. Cool cloths can be used to help bring their temperature down, and you can give them water, but medical attention is needed if they don't feel better after an hour, their symptoms get worse, or they begin throwing up.



HEAT CRAMPS

WHAT TO LOOK FOR:

- Heavy sweating during intense exercise
- Muscle pain or spasms

WHAT TO DO:

- Stop physical activity & 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 immediately if:

- Cramps last longer than one hour;
- You're on a low-sodium diet;
- You have heart problems.

A person suffering from **heat cramps** will have muscle pain or spasms and may sweat heavily. This is a sign that it's time to take a break. Move to a cool space and have some water or a sports drink. Let your body recover before trying to push yourself to do more. Medical attention is needed depending on your medical conditions. Anyone who has heart problems or is on a low sodium diet should see a doctor. If the cramps last for longer than an hour, it's also important to get medical help.

SUNBURN

WHAT TO LOOK FOR:

- Painful red, warm skin
- Blisters on the skin

WHAT TO LOOK DO:

- 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 and **sunburn** are both your skin's reaction to too much sun or heat. Heat rash can appear on the neck, chest, groin or inside elbow creases. For it to go away, the body needs to cool, and the skin needs to stay dry. You can use baby powder or something similar that will absorb moisture to help soothe the rash. Sunburns are an initial sign that the body needs a break from the heat. To heal, stay out of the sun to let your skin recover. Cooling and moisturizing lotions with aloe can help to soothe the burn. Cool cloths can also help. Avoid breaking any blisters that form.

HEAT RASH

WHAT TO LOOK FOR:

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

WHAT TO LOOK DO:

- Stay in a cool, dry place.
- Keep the rash dry.
- Use powder (like baby powder) to soothe the rash.