

Heat Related Illnesses

What to look for

What to do

Heat Stroke

High body temperature (103° or higher)	Call 911 immediately!
Hot, red, dry or damp skin	Heat stroke is a medical emergency
Fast, strong pulse	Move the person to a cooler place
Headache	Lower victim's temperature with cool cloths or cool bath
Dizziness	Do not give victim anything to drink
Nausea	
Confusion	
Losing consciousness	

Heat Exhaustion

Heavy sweating	Move to a cool place
Cold, pale and clammy skin	Loosen your clothes
Fast, weak pulse	Put cool, wet towels on body or take a cool bath
Nausea or vomiting	Sip water
Muscle cramps	Get Medical Help Right Away If:
Tiredness or weakness	You are vomiting
Dizziness, Headache	Your symptoms get worse
Fainting	Your symptoms last longer than 1 hour

Heat Cramps

Heavy sweating during intense exercise	Stop physical activity & move to a cool place
Muscle pain or spasms	Drink water or sports drink
	Get Medical Help Right Away If:
	Cramps last more than 1 hour
	You are on a low-sodium diet
	You have heart problems

Sunburn

Painful, red and warm skin	Stay out of sun until the sunburn heals completely
Blisters on the skin	Put cool towels on sunburned areas or take cool bath
	Put moisturizing lotion or aloe on sunburned areas
	Do not break blisters

Heat Rash

Red clusters of small blisters and/or bumps that look like pimples on the skin	Stay in cool, dry place
	Keep rash dry
	Use powder (like baby powder) to soothe the rash

