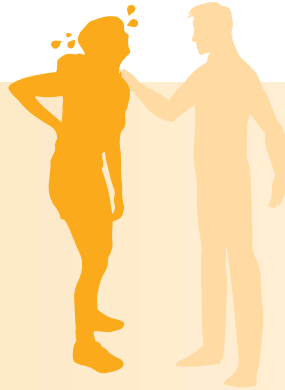


Know the Symptoms of Heat-Related Illnesses

HEAT CRAMPS

SYMPTOMS

- Heavy sweating
- Painful muscle cramps or spasms



TREATMENT

- Stop activity for a few hours.
- Move to a cooler location.
- Drink water, clear juice, or a sports beverage.
- Seek medical attention if cramps do not subside within one hour.

HEAT EXHAUSTION

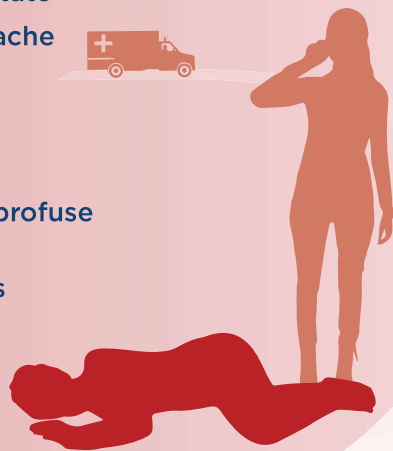
- Heavy sweating
- Weakness
- Fatigue
- Headache
- Dizziness
- Nausea or vomiting
- Fainting
- Irritability
- Thirst
- Decreased urine output



- Move to an air-conditioned environment.
- Lie down.
- Loosen clothing or change into lightweight clothing.
- Sip cool, non-alcoholic beverages.
- Take a cool shower or bath, or apply cool, wet cloths to as much of the body as possible.
- Seek medical attention if symptoms worsen or last longer than one hour, or if the victim has heart problems or high blood pressure.

HEAT STROKE

- Very high body temperature
- Altered mental state
- Throbbing headache
- Confusion
- Nausea
- Dizziness
- Hot, dry skin or profuse sweating
- Unconsciousness



- Call 911 immediately and follow the operator's directions—**this is a medical emergency.**
- Reduce the person's body temperature with whatever methods you can: wrap the person in cool cloths, immerse them in a cool bath, or spray them with cool hose water.
- After administering cooling methods, move the person to a cooler place.
- Do NOT give liquids.
- If there is uncontrollable muscle twitching, keep the victim safe, but do not place any objects in his or her mouth.
- If there is vomiting, turn the victim on his or her side to keep the airway open.

Source: CDC, 2012¹¹