

# HEAT RELATED ILLNESSES

## HEAT STROKE

### WHAT TO LOOK FOR

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

### WHAT TO LOOK FOR

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

### WHAT TO 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
- Your symptoms get worse
- Your symptoms last longer than 1 hour

## HEAT CRAMPS

### WHAT TO LOOK FOR

- Heavy sweating during intense exercise
- Muscle pain or spasms

### WHAT TO DO

- 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:

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

## SUN BURN

### WHAT TO LOOK FOR

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

### WHAT TO 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

### 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 DO

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

### Source:

<https://www.cdc.gov/disasters/extremeheat/warning.html#text>