



Warning Signs and Symptoms of Heat-Related Illnesses



Heat Cramps

- Painful muscle spasms in the abdomen, arms or legs following strenuous activity
- Skin usually moist and cool
- Pulse and body temperature usually normal or slightly raised

Heat Exhaustion

- Heavy sweating
- Paleness
- Cold/clammy skin
- Muscle cramps
- Irritability
- Tiredness or weakness
- Dizziness or headache
- A “sick stomach” feeling or vomiting

Heat Stroke

- Lack of sweating (some victims may sweat)
- Reddish tinge to skin
- Body temperature of 103 °F or higher
- Strong rapid pulse
- Confusion or unconsciousness (passing out)
- Possible delirium or coma
- Throbbing headache or dizziness
- A “sick stomach” feeling or nausea

Heat-Related Illness Prevention Tips

- Drink plenty of fluids (nonalcoholic), regardless of your activity level.
- Don't drink fluids that contain caffeine, alcohol, or large amounts of sugar as these actually cause you lose more body fluid.
- Wear lightweight, light-colored, loose fitting clothing.
- Stay indoors and, if at all possible, in an air conditioned place.
- Taking a cool shower or bath, frequent sponging with cool or cold washcloths or moving to an air conditioned place is recommended. Electric fans may provide comfort, but when temperature is in the high 90's, fans will not prevent heat-related illnesses.
- Never leave anyone in a closed, parked vehicle.
- Schedule vigorous activities and sports for cooler times of the day.
- Check regularly on people at a greater risk of hyperthermia including: infants and young children, people aged 65 or older, people who have a mental illness, and those who are physically ill, especially with heart disease or high blood pressure.