



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- Hot, dry, red skin
- Very high body temperature
- Altered mental status
- Loss of consciousness

- Call 911 immediately – a medical emergency
- Cool the person down any way you can

### HEAT EXHAUSTION

- Excessive sweating
- Pale, cool, clammy skin
- Headache, nausea, dizziness
- Thirsty, irritable

- Give cool drinks
- Cool the person down
- Rest and loosen tight clothing
- Seek medical assistance

### HEAT CRAMPS

- Muscle cramps or spasms
- Often in legs, arms or abdomen

- Cool the person down
- Give salty snacks and electrolyte replacement drinks
- Rest in shade

### HYPONATREMIA

- Lethargy, fatigue, drowsiness
- Headache, nausea, vomiting
- Frequent urination
- Overhydration

- Give salty snacks and electrolyte replacement drinks
- Rest in shade
- Cool the person down

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