



Heat-Related Illnesses

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Know the illnesses heat can cause and how to treat them.



Heat-related Illness	Symptoms	Treatment
Heat Cramps	Twitching or painful spasms, usually in muscles of legs or abdomen during or after heavy physical activity. Heavy sweating, thirst.	Stop activity and rest in a cool place. Lightly stretch or gently massage muscles to relieve spasms. Give sips of cool water or electrolyte drink.
Heat Exhaustion	Heavy sweating. Skin cool, pale and clammy. Pulse fast and weak. Breathing fast and shallow. Normal temperature or low-grade fever. Fainting, vomiting, dizziness, nausea, headache.	Get victim to a cool place. Lay down and loosen clothing. Apply cool, wet cloths. Give sips of cool water or electrolyte drink. Contact doctor if symptoms worsen or do not improve within 30 minutes.
Heat Stroke	High body temperature of 103°F-106°F. Hot, red, dry skin. Sweating that may be heavy or may have stopped. Rapid pulse. Breathing fast and shallow. Headache, nausea, dizziness, confusion. Possible unconsciousness or seizure.	Heat stroke is a life-threatening medical situation requiring emergency medical treatment. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal. Move the victim to a cooler environment. Reduce the body temperature with a cool bath or sponging. Use air conditioning or fan. Do not give fluids.