Heat Related Illness
WHAT YOU SHOULD KNOW!

HEAT CRAMPS

If your body is dehydrated you might experience heat cramps.

Symptoms:

• Muscle pains or spasms, usually in the legs, abdomen, or arms.

Staying out of the heat and drinking water are key!

HEAT EXHAUSTION

If your body is becoming overheated, you may experience heat exhaustion.

Symptoms:

• Heavy sweating • Muscle cramps
• Tiredness • Weakness
• Dizziness or fainting
• Headache • Nausea or vomiting

Stop activity and seek a cool place (shade or air-conditioning) and drink water or sports beverage.

HEAT STROKE

Heat stroke is the most serious heat-related illness. - It occurs when the body becomes unable to control - its temperature.

• the body's temperature rises rapidly, and
• the body is unable to cool down.

Warning signs of heat stroke vary but may include the following:

• Extremely high body temperature (104°F or above, rectally*)
• Red, hot, and dry or moist skin
• Rapid, strong pulse • Throbbing headache
• Dizziness • Nausea • Confusion
• Unconsciousness

Seek medical attention immediately and begin cooling if heat stroke is suspected!

Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

*Temperature taken rectally is the most accurate method. -

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION