



HEAT ILLNESS PREVENTION

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache, dizziness, or confusion
- Loss of consciousness (passing out)
- Nausea

- **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

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

- Move to a cool place
- Put loose, cool, and wet cloths on your body or take a cool bath
- Sip water
- **Get medical help right away** if you are throwing up, symptoms get worse or last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity, cool down
- Drink water or a sports drink
- Wait for cramps to go away before additional physical activity
- **Get medical help right away if** on a low-sodium diet, have heart problems, or have cramps lasting longer than 1 hour

SUNBURN

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

- Stay out of sun until sunburn heals
- Put cool cloths or take a cool bath
- Use moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin

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