HEAT-RELATED ILLNESSES

Heat Cramps

What to look out for:
- Heavy sweating during intense exercise
- Muscle pain or spasms

What to do:
- Stop physical activity and more to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you resume physical activity

Get medical help right away if:
- Cramps last longer than 1 hour
- You’re on a low sodium diet
- You have heart problems

Heat Exhaustion – more severe condition than heat cramps.

What to look out for:
- Heavy Sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness and weakness
- Dizziness
- Headache
- Fainting

What to do:
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on their body
- Sip water

Get medical help right away if:
- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat Stroke – least common, but most severe heat emergency.

What to look out for:
- High Body Temperature (103 F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness

What to do:
- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower body temperature with a cool cloth
- Do not give the person anything to drink

Information adopted from CDC website