# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

### HEAT STROKE
- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

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

### HEAT CRAMPS
- Heavy sweating during intense exercise
- Muscle pain or spasms

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

### HEAT RASH
- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

## WHAT TO DO

### HEAT STROKE
- 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
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- **Get medical help right away if:**
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more 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

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

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

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**Note:**
- **For all conditions:** Stay in a cool, dry place
- **For all conditions:** Keep the rash dry
- **For all conditions:** Use powder (like baby powder) to soothe the rash