



Heat-related Illnesses

Heat Cramps

- Least severe which causes muscle cramps and spasms
- Prevent cramping by drinking a sports drink that is diluted with water

Heat Exhaustion

- The body is not able to stay cool due to severe sweating
- Look for these signs: pale, moist skin, headache, weakness, nausea, and fever higher than 100 degrees
- Move to a cool area, place cold water directly on the skin, and consume a sports drink
- If the person is unable to keep fluids down, call the doctor and/or go to the ER

Heat Stroke

- Most dangerous heat-related illness
- Be aware of these signs: dizziness, nausea, vomiting, fast pulse, confusion, loss of consciousness, hot skin with no sweating, fever of 104 or higher
- Place the person in cold water or apply ice to their neck
- Call the doctor and/or go to the local hospital