

Heat-Related Illness Symptoms and First Aid

HEAT CRAMPS

- **Symptoms:**
 - Painful muscle cramps and spasms usually in legs and abdomen
 - Heavy sweating
- **First Aid:**
 - Apply firm pressure on cramping muscles or gentle massage to relieve spasm.
 - Give sips of water, if nausea occurs, discontinue water

HEAT EXHAUSTION

- **Symptoms:**
 - Heavy sweating
 - Weakness
 - Cool, pale, clammy skin
 - Weak pulse
 - Possible muscle cramps
 - Dizziness
 - Nausea and vomiting
 - Fainting
 - Normal temperature possible
- **First Aid:**
 - Move person to a cooler environment
 - Remove or loosen clothing
 - Apply cool, wet cloths
 - Fan or move victim to air conditioned room
 - Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke)

- **Symptoms:**
 - Altered mental state
 - Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
 - High body temperature (106°F or higher)
 - Skin may be hot and dry, or patient may be sweating
 - Rapid pulse
 - Possible unconsciousness
- **First Aid:**
 - **Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.**
 - Move the victim to a cooler, preferably air-conditioned, environment
 - Reduce body temperature with a water mister and fan or sponging
 - Use fan if heat index temperatures are below the high 90s
 - Use extreme caution
 - If temperature rises again, repeat process
 - Do NOT give fluids