



Heat-Related Illness



STAY COOL * STAY HYDRATED * STAY INFORMED

STAY COOL

- **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible.
- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated.
- **Avoid Hot and Heavy Meals:** They add heat to your body!
- **Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open.
- **Take Frequent Breaks:** If you must work outdoors.
- **Pace Yourself:** Cut down on exercise during the heat. Start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get to a cool area and rest.



STAY HYDRATED

- **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
- **Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.
- **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. Stay away from very sugary or alcoholic drinks.



Signs and Symptoms of Heat-Related Illness



STAY INFORMED - Know the Signs

HEAT EXHAUSTION

WHAT TO LOOK FOR

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



WHAT TO DO

- 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

WHAT TO LOOK FOR

- Heavy sweating during intense exercise
- Muscle pain or spasms



WHAT TO DO

- 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 STROKE

WHAT TO LOOK FOR

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



WHAT TO DO

- 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