

# Heat-related illnesses: Know the signs

Heat-related illness is preventable! Stay somewhere cool, drink plenty of water, avoid sugar, alcohol and caffeine and wear light clothing.

## Heat Exhaustion

Mild heat illness.

Signs are:

- Rapid heart beat and shallow breathing
- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting

**What to do:**

- Remove excess clothing,
- Rest in a cool area.
- Drink plenty of water.
- Take a cool shower, bath, or sponge bath.

## Heat Stroke

The body cannot control temperature and can lead to death or permanent disability.

Signs are:

- 103 degree or above temperature
- Confusion
- Rapid pulse
- Loss of coordination
- Hot, dry skin or profuse sweating

- Throbbing headache
- Seizures, coma

**What to do for someone with heat stroke:**

- Call 911.
- Move to a cool, shaded area.
- Offer water
- Offer a cool shower, bath, or sponge bath

If you recognize symptoms of heat stroke, it is life threatening. Get the person somewhere cool and seek medical attention immediately.