

Heat Emergencies

Signs & Symptoms of Heat Exhaustion



Summer is here! Be watchful for the signs of heat exhaustion and intervene quickly to prevent heat stroke...

What is Heat Stroke?

- Heat related emergencies happen when peoples' bodies are dehydrated and have difficulty regulating temperature.
- **Symptoms can include:** leg cramps, tiredness, flushed or sweaty skin, dizziness, weakness, nausea, headache, or rapid pulse.
- **Treat with:** water or sports drinks, rest in a cool shady place, cool wet towel on the skin and back of neck.
- **If person does not improve, call 911.**

How to Protect Yourself:

- Drink lots of fluids (avoid caffeine, alcohol, and high sugar drinks). Carry a water bottle.
- Wear lightweight, light-colored, loose-fitting clothing.
- Stay indoors and, if at all possible, in an air conditioned place (mall, library, etc)
- Protect yourself from the sun with a wide brimmed hat, sunglasses, and sunscreen.
- Limit outdoor activity to morning and evening if possible. Rest often in shady areas during the heat of the day.