

What are YOU gonna do about...

HEAT-RELATED ILLNESSES?

There are two major types of heat illness – **HEAT EXHAUSTION** and **HEAT STROKE**. If heat exhaustion is left untreated it can lead to heat stroke. Both conditions are serious, however, **heat stroke** is a major medical emergency and getting victim's body temperature cooled down is more critical than getting fluids in their body. Heat stroke can lead to death.

Things to watch for...

Heat Cramps

Muscle pains and spasms (usually first sign that body's having trouble with the heat)

Heat Exhaustion

Cool, clammy, or pale skin
Light-headed or dizzy and weak
Racing heart
Sick to the stomach (nausea)
Very thirsty or heavy sweating (sometimes)

Heat Stroke (also called Sunstroke)

Very hot and dry skin
Light-headed or dizzy
Confusion, drowsiness or fainting
Rapid breathing and rapid heartbeat
Convulsions, passes out or slips into a coma

What to do...

- Get victim to a cool or shady place and rest.
- Lightly stretch or massage muscles to relieve cramps.
- Loosen clothing around waist and neck to improve circulation and remove sweaty clothes.
- Cool down victim's body - put wet cloths on victim's face, neck and skin and keep adding cool water to cloth... or if outdoors, use hose or stream. Also, fan the victim or get inside air-conditioned place.
- Have victim sip cool water (NO alcohol – it dehydrates!)

If victim refuses water, pukes or starts to pass out:

- Call for an ambulance or call 9-1-1.

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- Put victim on their side to keep airway open.
- Keep cooling down their body by placing ice or cold cloths on wrists, neck, armpits, and groin area (where leg meets the hip) or keep adding water to cloths. Also fan the victim.
- Check victim's **ABCs... Airway, Breathing, & Circulation.**
- Stay with victim until medical help arrives.

Remember, **HEAT STROKE** (also known as sunstroke) is a medical emergency and can cause the victim to slip into a coma -- getting a victim's body temperature cooled down is more important than getting fluids in their body!