*Bureau of Climate and Environmental Health*

**Prevent and treat heat-related illness**

***Know the signs and beat the heat!***

# Heat cramps

## Recognize the signs:

* Lots of sweating
* Muscle cramps (often in the stomach, arms, or legs)

## Actions to take:

* Provide water, clear juice, or a sports drink
* Encourage individuals to stop exerting themselves physically and move to a cool place
* Have them wait for the cramps to go away before doing any more physical activity

## Seek medical attention if:

* The person’s symptoms are getting worse
* Cramps last longer than 1 hour
* The person is on a low sodium diet, has heart problems, high blood pressure, or other medical conditions like asthma or diabetes.

# Heat exhaustion

## Look for:

Symptoms above plus:

* Feeling tired or weak
* Fast or weak pulse
* Cold, pale, and clammy skin
* Nausea or vomiting
* Headache or dizziness
* Irritability

## Actions to take:

* Provide water and encourage them to drink more fluids
* Move them to a cool place
* Encourage them to lie down
* Loosen their clothes or change into lightweight clothing
* Apply cool wet towels or cloths on the person

## Seek medical attention if:

* The person is throwing up
* The person is getting worse
* Symptoms last longer than 1 hour
* The person has heart problems, high blood pressure, or other medical conditions like asthma or diabetes

# Heat stroke

## Look for:

## Symptoms above plus:

* High body temperature (higher than 103°F)
* Throbbing headache
* Seizures
* Altered mental state or confusion
* Unconsciousness (passing out)

## Actions to take:

* **Call 9-1-1 – this is a medical emergency**
* Cool immediately:
  + Apply cool wet towels or soak with cool water
  + Remove outer clothing
* Keep them safe:
  + If there is vomiting, turn the person on their side to keep the airway open
* If they are having a seizure, make the area safe by removing anything that may cause injury

[Extreme heat | mass.gov](https://www.mass.gov/extreme-heat)