



# Prevent and treat heat-related illness

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



## Heat cramps

### 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

### Look for:

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

### 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 911 – 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

