

Heat-Related Illness: Know the signs! Know what to do!

	Dehydration	Heat Cramps	Heat Exhaustion	Heat Stroke
Cause	Excess loss of water and salts from the body due to illness or heat exposure.	Salt loss due to heavy sweating causing muscle cramps and spasms. Usually following exercise.	Excess loss of water and salt from body due to prolonged exposure to extreme heat. Young children and elderly are especially susceptible.	The body's core temperature rises rapidly, sweat mechanism fails and body is unable to cool down. May cause death or permanent disability. This is a medical emergency!
Signs & Symptoms	<ul style="list-style-type: none"> • Thirst, dry mouth • Dry skin • Fatigue • Light headedness • Confusion • Increasing heart rate • Increasing breathing rate • Less frequent urination 	<ul style="list-style-type: none"> • Muscle spasms or pain, especially in legs, arms or abdomen. • May also be a sign of heat exhaustion. 	<p>Behaviour</p> <ul style="list-style-type: none"> • Awake, no changes <p>Skin</p> <ul style="list-style-type: none"> • Heavy sweating • Cool and moist <p>Pulse</p> <ul style="list-style-type: none"> • Fast and weak <p>Temperature</p> <ul style="list-style-type: none"> • May be normal or slightly elevated <p>Other</p> <ul style="list-style-type: none"> • Muscle cramps • Thirst, Headache, Weakness • Nausea and/or vomiting 	<p>Behaviour</p> <ul style="list-style-type: none"> • Unusual, loss of conscious, seizure, confusion, delirium <p>Skin</p> <ul style="list-style-type: none"> • Red, hot and dry • No sweating <p>Pulse</p> <ul style="list-style-type: none"> • Fast & Strong <p>Temperature</p> <ul style="list-style-type: none"> • Elevated-Very High <p>Other</p> <ul style="list-style-type: none"> • Vomiting • Dizziness
What to do	<ul style="list-style-type: none"> • Move to a cool place. • Have person sit down and rest. • Drink water, diluted fruit juice or sports drink. • Monitor the person (especially the elderly and children) for sluggishness or worsening signs. • Seek medical attention if symptoms worsen. 	<ul style="list-style-type: none"> • Stop all activity. • Move person to cool place. • Stretch muscles and massage gently. • Drink water or sport drink. • Wait several hours before resuming activity. • Heat cramps may lead to heat exhaustion or heat stroke. • Seek medical attention if cramping continues. 	<p>Cool their body by:</p> <ol style="list-style-type: none"> 1. Moving to a cool place. 2. Remove excess clothing. 3. Spray with cool water. 4. Fan wet skin to increase heat evaporation. 5. Offer sips of cool water slowly sipping, up to a half glass every half hour (do not give if nauseated or vomiting). <ul style="list-style-type: none"> • Seek medical attention if vomiting occurs or symptoms worsen. 	<p>CALL 9-1-1</p> <p>While waiting for help:</p> <ul style="list-style-type: none"> • Move to the coolest, closest area. • Lay person on their side. • Cool their body quickly: <ol style="list-style-type: none"> 1. Remove excess clothing. 2. Apply ice packs to head, neck, armpits, and groin. 3. Sponge or spray with cool water and fan wet body or apply cool, wet clothes. • Do not give anything to drink.
Prevention	<ul style="list-style-type: none"> • Drink lots of fluids (water preferred) even before activity. • Drink more when sweating. • Avoid alcohol and caffeine. 	<ul style="list-style-type: none"> • Reduce strenuous activity during high heat time. • Drink lots of water. • Recognize signs and symptoms 	<ul style="list-style-type: none"> • Avoid strenuous activity during high heat time. • Drink lots of water. • Recognize signs and symptoms 	<ul style="list-style-type: none"> • Avoid strenuous activity during high heat time. • Drink lots of water. • Recognize signs and symptoms.