Heat-Related Illness Symptoms and First Aid

HEAT CRAMPS
- **Symptoms:**
  - Painful muscle cramps and spasms usually in legs and abdomen
  - Heavy sweating
- **First Aid:**
  - Apply firm pressure on cramping muscles or gentle massage to relieve spasm.
  - Give sips of water, if nausea occurs, discontinue water

HEAT EXHAUSTION
- **Symptoms:**
  - Heavy sweating
  - Weakness
  - Cool, pale, clammy skin
  - Weak pulse
  - Possible muscle cramps
  - Dizziness
  - Nausea and vomiting
  - Fainting
  - Normal temperature possible
- **First Aid:**
  - Move person to a cooler environment
  - Remove or loosen clothing
  - Apply cool, wet cloths
  - Fan or move victim to air conditioned room
  - Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke)
- **Symptoms:**
  - Altered mental state
  - Possible throbbing headache, confusion, nausea, dizziness, shallow breathing
  - High body temperature (106°F or higher)
  - Skin may be hot and dry, or patient may be sweating
  - Rapid pulse
  - Possible unconsciousness
- **First Aid:**
  - **Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.**
  - Move the victim to a cooler, preferably air-conditioned, environment
  - Reduce body temperature with a water mister and fan or sponging
  - Use fan if heat index temperatures are below the high 90s
  - Use extreme caution
  - If temperature rises again, repeat process
  - Do NOT give fluids