# Heat-Related Illness

## WHAT TO LOOK FOR

<table>
<thead>
<tr>
<th>HEAT STROKE</th>
<th>WATER INTOXICATION</th>
<th>HEAT EXHAUSTION</th>
<th>HEAT CRAMP</th>
<th>HEAT RASH</th>
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</thead>
</table>
| • Confusion, altered mental status, slurred speech  
• Seizures  
• Fainting, unconsciousness  
• Dizziness, nausea, vomiting  
• Severe headache and weakness  
• High core body temperature (104°F or higher)  
• Hot, dry skin or profuse sweating  
• Rapid pulse and breathing | • Rapidly drinking large volumes of water  
• Very frequent urination and clear in color  
• Confusion or unconsciousness  
• Weakness  
• Vomiting | • Irritability  
• Headache and weakness  
• Dizziness, nausea, vomiting  
• Elevated body temperature  
• Heavy sweating  
• Rapid pulse and breathing  
• Thirst  
• Muscle cramps | • Muscle cramps, pain, or spasms in the legs, arms, or abdomen  
• Muscle feels like it is “balling” up  
• Heavy and prolonged sweating during activity | • Red clusters of small blisters that look like pimples on the skin usually located on the neck, chest, groin, or in elbow creases  
• May cause itching and reduce sweating around the affected area |

## WHAT TO DO

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| **CALL 911 RIGHT AWAY** - every minute counts  
Discontinue work and move the individual to a cool or shaded area and remove outer clothing  
Cool the individual rapidly with an ice bath or wet the clothing with ice water or place ice packs on neck, armpit and groin  
Circulate air around the individual to speed cooling  
If conscious, encourage frequent sips of cool water or sports drink  
Stay with individual until medical care arrives | **CALL 911 RIGHT AWAY** - every minute counts  
Transport to medical care immediately  
Do not give more water  
If awake, allow to eat salty food or snacks | Discontinue work and move the person to a shaded, cool area and remove outer clothing  
Cool with ice packs or wet clothing with cold water  
Circulate air around the person to speed cooling  
Encourage frequent sips of water or sports drink  
Stay with individual until condition improves  
**GET MEDICAL HELP RIGHT AWAY IF:**  
• Individual begins to throw up, lose consciousness or symptoms worsen  
• Symptoms last longer than one hour once removed from activity and care is given | **Stop physical activity and move to a cool place**  
**Frequently sip cool water or sports drink**  
**Wait for cramps to go away before you do any more physical activity (light massage may help)**  
**GET MEDICAL HELP RIGHT AWAY IF:**  
• Cramps last longer than one hour  
• You’re on a low-sodium diet  
• You have heart problems | **Stay in a cool, dry place**  
**Keep the rash dry**  
**Use powder (like baby powder) to soothe the rash** |
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