

HEAT RELATED ILLNESSES

WHAT TO LOOK FOR AND WHAT TO DO

<u>ILLNESS</u>	<u>SYMPTOMS CAN INCLUDE:</u>	<u>WHAT TO DO:</u>
<u>HEAT CRAMPS</u>	Severe, sometimes disabling cramps that typically begin suddenly in the hands, calves or feet.	Rest, drink clear juice or a sports beverage and eat moderately salty foods. Gently massage the affected area. Be aware of advancing symptoms.
<u>HEAT EXHAUSTION</u>	Fatigue; nausea; headache; excessive thirst; weakness; muscle aches or cramps; confusion or anxiety; drenching sweats often accompanied by cold, clammy skin; dizziness; fainting; agitation	<p>First, GET HELP. It is critical that emergency medical assistance be called as soon as possible. Then, if possible, get the victim to drink, but don't force fluids if the person is confused or has passed out. Avoid alcohol or caffeine.</p> <p>The primary treatment for heat exhaustion is replacement of lost fluids and salt. Victims should be moved to a cool environment, lie flat or with their feet raised slightly above head level, and sip a cool, slightly salty beverage -- such as a sports drink, tomato juice, cool bouillon, or other vegetables or fruit juices.</p>
<u>HEAT STROKE</u>	Nausea and vomiting; headache; dizziness or vertigo; fatigue; hot, flushed, dry skin; rapid heart rate; decreased sweating; shortness of breath; confusion, delirium or loss of consciousness; convulsions	<p>Get medical attention immediately! Heat stroke usually develops rapidly and can cause permanent brain damage or death if not treated promptly. Anyone with heat stroke needs emergency medical attention.</p> <ul style="list-style-type: none"> • While help is on the way, move the victim into the shade; wrap them in cool, wet bedding or clothing; or remove the victim's clothes and sponge his body with cool water until help arrives. • Ice packs can be placed on the groin, neck, or underarms; or the victim can be fanned by hand or with an electric fan or a blow-dryer set on cold (do not use a blow-dryer that blows only hot air).