

HEAT EXHAUSTION

What happens: The human body cools itself through sweating. With heavy sweating comes water loss and electrolyte depletion. Without proper hydration and appropriate time for cooling, the body can become overheated causing heat exhaustion.

Symptoms: Heavy sweating, extreme thirst, weakness, nausea, vomiting, headache, light headed, muscle cramps, confusion, dark colored urine, and fatigue.

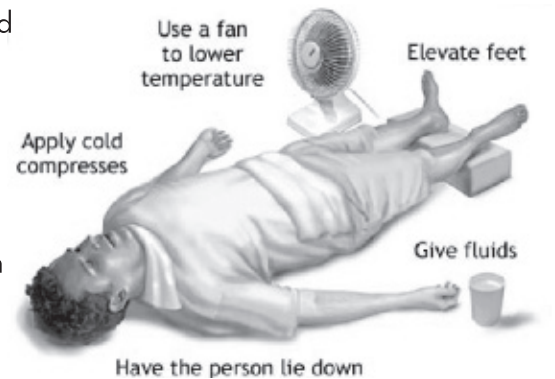
What to do: Cool and hydrate! Have individual drink cool water, remove them from the heat source (into the shade or into an air conditioned room), remove excess clothing, apply cool towels or properly prepared ice packs, have the person lie down, and monitor them to ensure improvement. If no improvements are seen in 20-30 minutes, refer to heat stroke information below.

HEAT STROKE

What: Heat stroke is when the body has had a dramatic increase in temperature and cannot cool itself. It is a medical emergency and can be fatal if not treated properly.

Symptoms: High body temperature, absence of sweating, hot dry skin, red skin, rapid pulse, breathing issues, confusion, disorientation, seizure, coma, and irritability.

What to do: Address vital signs, call 911, remove the person from heat, remove excess clothing, and cool the individual. If they are still able, have them drink cool water while monitoring body temperature and vital signs.



RISKS AND PREVENTION

Risks: Exertion in high heat or high humidity limits the body's ability to cool itself and increases the likelihood of heat illness. Those most at risk are infants up to 4, the elderly over 65, athletes, and individuals who work or exert themselves outdoors. Diuretics, sedatives, tranquilizers, and stimulants (including caffeine) can increase risk.

Prevention: Wear lightweight, loose fitting clothes in high heats, drink extra fluids, do not restrict access to water, and take extra precautions when working or conditioning outdoors.