

Heat-Related Illness

Symptoms and Solutions

- *Heat Cramps* - cramps or muscle spasms in the abdomen, arms or legs.
Solution: Stop activity. Cool down, drink clear juice or sports drink.
- *Heat Exhaustion* - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.
Solution: Cool down, seek medical attention.
- *Heat Stroke* - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.
Solution: Call 911 and cool the victim with shower or hose until help arrives.