



FACT SHEET

First-aid for Heat Illness

Heat illness is serious. Conditions such as severe sunburn, heat cramps, heat exhaustion and heat stroke can lead to long-term health problems.

The symptoms of heat illness can appear very quickly. They are usually caused by exposure to high temperatures and dehydration. Heat affects everyone differently. How it affects you depends on your personal risk factors and your health status. People with heat illness may not recognize they are ill. Be alert to these signs in others. Ask others to keep an eye on you, too.

This fact sheet does not replace medical care, but it may help you recognize the warning signs of heat illness. Tips are included to help you start treating heat illness to prevent more serious illness or provide care while you are waiting for medical help.

Know the signs and symptoms of heat illness

Seek care right away if you have:

- Headaches
- Faintness
- Nausea
- Vomiting

If you have any of these symptoms during hot weather, move to a cool place right away. Seek medical care right away if these symptoms don't get better.

Condition	Symptoms	Response
<p>Heat stroke</p> <p>Heat stroke is a severe medical emergency. Call 911, emergency medical services or get to a hospital immediately.</p>	<ul style="list-style-type: none"> • High body temperature (above 103° F) • Red, hot skin • Rapid, strong pulse • Possible unconsciousness 	<ul style="list-style-type: none"> • Call 911. • Get the victim to a cool place to lie down. • Cool victim quickly with cool water from a shower, hose or wet cloths — whatever is available. However, do not put an unconscious person in a bath or shower. • Do not give fluids. • Get medical treatment immediately.
<p>Heat exhaustion</p>	<ul style="list-style-type: none"> • Heavy sweating • Weakness • Cold, pale and clammy skin • Fast, weak pulse • Nausea or vomiting • Fainting 	<ul style="list-style-type: none"> • Move to a cooler location. • Lie down and loosen your clothing. • Apply cool, wet cloths to as much of your body as possible. • Sip water. • If you have vomited and it continues, seek immediate medical attention.

Heat cramps	<ul style="list-style-type: none"> • Pains or spasms — often in the abdomen, arms or legs. 	<ul style="list-style-type: none"> • Stop all activity and sit quietly in a cool place. • Drink clear juice or a sports drink. • Avoid strenuous activity for a few hours after the cramps stop. • Seek medical care for heat cramps that last longer than an hour. • Stretch the affected muscle to relieve the spasm.
Sunburn	<ul style="list-style-type: none"> • Skin redness and pain • Possible swelling • Blisters • Fever • Headache 	<ul style="list-style-type: none"> • Avoid repeated sun exposure. • Apply cold compresses or soak the burned area in cool water. • Apply moisturizing lotion to affected areas. Do not use salve, butter or ointment. • Avoid breaking blisters. • Call your health care provider if you have a fever, fluid-filled blisters or very severe pain, or if the sunburn affects an infant <1 year old.



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