

# Heat Related Illness

In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. Heat can kill by pushing the body beyond its limits. Most heat disorders occur because the victim was overexposed to heat or over-exercised for their age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to be affected by extreme heat. Below are heat related conditions and what you can do about them.

Condition	Symptoms	First Aid
Sunburn	<ul style="list-style-type: none"> <li>~ Skin redness and pain.</li> <li>~ Possible swelling, blisters, fever, and headaches.</li> </ul>	<ul style="list-style-type: none"> <li>~ Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally.</li> <li>~ Apply dry, sterile dressings to any blisters, and get medical attention.</li> </ul>
Heat Cramps	<ul style="list-style-type: none"> <li>~ Painful spasms, usually in leg and abdominal muscles.</li> <li>~ Heavy sweating.</li> </ul>	<ul style="list-style-type: none"> <li>~ Get the victim to a cooler location.</li> <li>~ Lightly stretch and gently massage affected muscles to relieve spasms.</li> <li>~ Give sips of up to a half glass of cool water every 15 minutes.</li> <li>~ Discontinue liquids if victim is nauseated.</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>~ Heavy sweating but skin may be cool, pale, or flushed.</li> <li>~ Weak pulse.</li> <li>~ Normal body temperature possible, but will likely rise.</li> <li>~ Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.</li> </ul>	<ul style="list-style-type: none"> <li>~ Get victim to lie down in a cool place.</li> <li>~ Loosen or remove clothing.</li> <li>~ Apply cool, wet clothes.</li> <li>~ Fan or move victim to air-conditioned place.</li> <li>~ Give sips of water if victim is conscious.</li> <li>~ Be sure water is consumed slowly.</li> <li>~ Give half glass of cool water every 15 minutes.</li> <li>~ Discontinue water if victim is nauseated.</li> <li>~ Seek immediate medical attention if vomiting occurs.</li> </ul>
Heat Stroke <i>(a severe medical emergency)</i>	<ul style="list-style-type: none"> <li>~ High body temperature (105+).</li> <li>~ Hot, red, dry skin.</li> <li>~ Rapid, weak pulse.</li> <li>~ Rapid shallow breathing.</li> <li>~ Victim will probably not sweat unless they were sweating from recent strenuous activity.</li> <li>~ Possible unconsciousness.</li> </ul>	<ul style="list-style-type: none"> <li>~ Call 9-1-1 or get the victim to a hospital immediately. Delay can be fatal.</li> <li>~ Move victim to a cooler environment.</li> <li>~ Remove clothing.</li> <li>~ Try a cool bath, sponging, or wet sheet to reduce body temperature.</li> <li>~ Watch for breathing problems.</li> <li>~ Use fans and air conditioners</li> </ul>

