

REDUCE THE LIKELIHOOD OF **HEAT STRESS**

WHAT TO DO

HEAT STROKE



- Call 911 ASAP
- Move to shaded, cool area
- Lower body temperature with cool cloths or a bath
- DO NOT drink anything

ILLNESS

- High Body Temperature
- Hot/Dry Skin
- Lack of Sweating
- Loss of Consciousness
- Seizures

HEAT EXHAUSTION



- Drink cool water
- Move to a cool area
- Remove unnecessary clothing
- Lower body temperature with cold compress

- Excessive Sweating
- Increased Body Temperature
- Thirst
- Weakness
- Dizziness

HEAT SYNCOPE



- Move to a cool area
- Sit or lie down
- Slowly drink water, sports drinks, or clear juices

- Light-headedness
- Fainting
- Dizziness

HEAT CRAMPS



- Drink water and/or sports drink every 15-20 minutes
- Avoid eating salt
- Seek medical attention if cramps last more than 1 hour

- Muscle Pain or Spasms
- Excessive Sweating During Physical Activity

HEAT RASH



- Move to a cooler, less humid area
- Keep area with rash dry
- Apply powder to increase comfort
- DO NOT use ointments or creams

- Red Clusters of Blisters on the Skin (usually around neck/chest/groin/elbow)