Heat-Related Illness

Watch for Signs

Heat-related illnesses can quickly progress from heat exhaustion to heat stroke – and even result in death.

**Heat Exhaustion**
- **Take Action**: Move to a cooler, shaded location.
- **Remove** as much clothing as possible (socks and shoes too).
- **Cool down** by applying cool wet cloths or ice to your head, face or neck. Spray yourself with cool water.
- **Drink** water, clear juice, or a sports drink.
- **Get medical aid** if you don’t start to feel better.
- **Have** someone stay with you until help arrives.

**Heat Stroke**
- **Call 911 immediately; this is a medical emergency.**
- **Stay** with the person until help arrives.
- **Move** to a cooler, shaded location.
- **Remove** as much clothing as possible (socks and shoes too).
- **Wet** the person’s skin and clothing with cool water.
- **Apply** cold, wet cloths or ice to head, face, neck, armpits, and groin.
- **Offer** sips of water, but do not force the person to drink.

**Watch for Signs**

- **Heat Exhaustion**
  - muscle cramps
  - heavy sweating
  - fast, shallow breathing
  - cold, pale, moist skin
  - confusion, dizziness
  - fatigue, weakness
  - nausea, headache
  - intense thirst

- **Heat Stroke**
  - nausea, vomiting
  - hot, dry skin or profuse sweating
  - seizures
  - hallucinations, strange behaviour
  - loss of consciousness
  - very high body temperature
  - throbbing headache
  - confusion, difficulty speaking
  - loss of consciousness

**Awareness**

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