

HEAT-RELATED EMERGENCY GUIDE

The first step is always prevention. In hot and humid environments, always wear loose-fitting and lightweight clothes, take frequent breaks, drink lots of fluids, avoid caffeine (coffee and soda) and alcohol and do not stay in direct sunlight for long periods of time.

HEAT CRAMPS	HEAT EXHAUSTION	HEAT STROKE
<p>Heat cramps are muscular pain and spasms due to heavy exertion. Generally thought to be caused by a loss of water and salt through sweating.</p> <p>Heat cramps usually occur during outdoor activities or strenuous activities. Can occur even when it does not seem very hot or humid.</p>	<p>Heat exhaustion is caused by fluid loss causing blood flow to decrease to vital organs. As a result of dehydration, victims often complain of flu-like symptoms hours after exposure.</p> <p>Heat exhaustion is serious but not life threatening, if identified and treated properly. Without treatment, heat exhaustion can lead to heat stroke.</p>	<p>Heat stroke is the most serious type of heat-related illness that is LIFE THREATENING and requires IMMEDIATE care.</p> <p>Heat stroke occurs when the body's heat regulating system fails. Body temperatures raise to a point that brain damage and death may result, unless the body is cooled very quickly.</p>
SIGNS & SYMPTOMS	SIGNS & SYMPTOMS	SIGNS & SYMPTOMS
<ul style="list-style-type: none"> • Leg cramps • Muscle spasms • Stiff abdomen • Weak, faint or dizzy • Stiff abdomen • Possible nausea • Normal mental status 	<ul style="list-style-type: none"> • Skin is cool and moist • Excessive perspiration • Pupils are dilated (large) • Body temp near normal • Headache • Weak, dizzy or faint • Disorientation • Dark and decreased urine 	<ul style="list-style-type: none"> • Skin is hot and dry • No sweating • Pupils are very small • Victim is confused or unable to think straight • Possible seizures • Body temperature is very high (as high as 105° F)
TREATMENT	TREATMENT	TREATMENT
<ul style="list-style-type: none"> • Move to a cooler location • Seek medical help if victim loses consciousness • Drink plenty of fluids 	<ul style="list-style-type: none"> • Get medical attention • Move victim to a cool area • Lay victim on their back and elevate feet 8-10 inches • If conscious, give water every 15 minutes • Cool by fanning or spraying with cool water 	<ul style="list-style-type: none"> • Call 911 immediately • Move victim to a cool area • Loosen clothing • Douse body with water • Apply ice packs or wet clothes to neck, armpits and groin

GENERAL GUIDELINES AND REMINDERS

Do not underestimate the seriousness of heat-related illnesses. Do not give medication to reduce fever and do not allow the victim to drink any caffeinated or alcoholic beverages. In heat-related emergencies, do not overlook other medical conditions that might be complicated by excessive heat. When in doubt, seek medical attention as soon as possible.