Things Are Heating Up:

Warning Signs & Symptoms of Heat-Related Illness

Overexposure to heat while exercising can adversely affect athletic performance and, in some instances, pose a serious health threat.

Luckily, heat-related illnesses are preventable.

Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

HEAT STROKE

SIGNS & SYMPTOMS

High body temperature (104°F or higher)
Hot, red, dry, or damp skin
Fast, strong pulse
Confusion or Coma

WHAT TO DO

CALL 911 RIGHT AWAY-HEAT STROKE

IS AN EMERGENCY

Move the person to a cooler place Lower their temp with an ice bath, cool towels, or ice bags under armpits and groin

HEAT CRAMPS

SIGNS & SYMPTOMS

Heavy sweating during intense exercise Muscle pain or spasms

WHAT TO DO

Stop physical activity and move to a cool place
Drink water or a sports drink
Wait for cramps to go away before you do any
more physical activity

GET MEDICAL HELP RIGHT AWAY IF:

Cramps last longer than 1 hour You're on a low-sodium diet You have heart problems

HEAT EXHAUSTION

SIGNS & SYMPTOMS

Heavy sweating
Cold, pale, and clammy skin
Fast, weak pulse
Muscle cramps, Tiredness or Weakness
Headache, Dizziness, Nausea or Vomiting
Fainting (passing out)

WHAT TO DO

Sip water

Move to a cool place and loosen your clothes Put cool, wet cloths on your body or a cool bath

GET MEDICAL HELP RIGHT AWAY IF:

You are throwing up
Your symptoms get worse
Your symptoms last longer than 1 hour

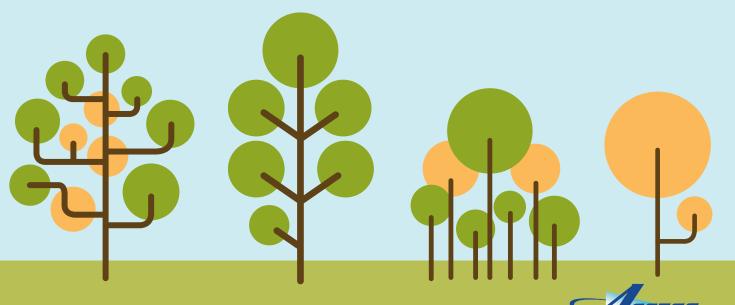
SUN BURN

SIGNS & SYMPTOMS

Painful, red, and warm skin Blisters on the skin

WHAT TO DO

Stay out of the sun until your sunburn heals
Put cool, wet cloths on your body or a cool bath
Put moisturizing lotion on sunburned areas
Do not break blisters



Information Source: https://www.cdc.gov

