

# 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 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

### 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

### 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

