

Heat-Related Illnesses and Symptoms

Hot, sticky summer days and strenuous activities can be a dangerous combination. Whether you're working outside or inside, this risky mix can quickly lead to heat stress or one of several serious heat disorders including heat exhaustion and heat stroke.

Heat Cramps

- Severe cramps that usually begin suddenly in the hands, calves or feet
- Hard, tense muscles

Heat Exhaustion

Heat exhaustion requires immediate attention but is not usually life-threatening.

- Fatigue
- Nausea
- Headache
- Excessive thirst
- Muscle aches/cramps
- Weakness
- Confusion or anxiety
- Drenching sweats, often accompanied by cold, clammy skin
- Slowed or weakened heartbeat
- Dizziness
- Fainting
- Agitation

Heat Stroke

Heat stroke can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing symptoms of heat stroke, obtain medical care as soon as possible.

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Fatigue
- Hot, flushed, dry skin
- Rapid heart rate
- Decreased sweating
- Shortness of breath
- Decreased urination
- Blood in urine or stool
- Increased body temperature (104 to 106 degrees Fahrenheit)
- Confusion, delirium or loss of consciousness
- Convulsions

Seek emergency medical care for anyone who has been in the heat and is experiencing the following symptoms:

- Confusion, anxiety or loss of consciousness
- Very rapid or dramatically slowed heartbeat
- Rapid rise in body temperature that reaches 104 to 106 degrees Fahrenheit
- Either drenching sweats accompanied by cold, clammy skin (which may indicate heat exhaustion); or a marked decrease in sweating accompanied by hot, flushed, dry skin (which may indicate heat stroke)
- Convulsions
- Any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids and salts.

[Source: www.webmd.com]