



## Heat Illnesses

### Sunburn

- Symptoms: Skin redness and pain, possible swelling, blisters, fever, headaches
- First Aid: Take a shower, using soap to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.

### Heat Cramps

- Symptoms: Painful spasms usually in leg and abdominal muscles. Heavy sweating.
- First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

### Heat Exhaustion

- Symptoms: Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal Temperature possible. Fainting, vomiting.
- First Aid: Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

### Heat Stroke

- Symptoms: High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.
- First Aid: Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. **DO NOT GIVE FLUIDS.**