

Heat Exhaustion

Symptoms and Remedies

HEAT CRAMPS – MILD

Symptoms

- Muscle Pain
- Muscle Tightness
- Muscle Spasms

Remedies

- Take a break from play or activity
- Get out of direct sunlight
- Drink water
- Gently massage and stretch muscles

HEAT EXHAUSTION - SEVERE

Symptoms

- Extreme fatigue
- Dizziness
- Weak and rapid pulse
- Nausea or vomiting
- Headache
- Excessive sweating
- Pale or flushed skin

Remedies

- Stop play or physical activity
- Stay out of direct sunlight
- Drink water
- Remove excess clothing
- Apply cool towels to body
- No activity for remainder of day
- If no improvement in 30 mins, see a doctor

HEAT STROKE – EXTREMELY SERIOUS

Symptoms

- Body temp is over 104 degrees
- Hot and red flushed skin
- Low blood pressure
- Rapid pulse (weak or strong)
- Irritability or disorientation
- Loss of consciousness
- Seizures

Remedies

- Call **911** immediately!
- Cool first and transport second
- Get out of direct sunlight
- Remove excessive clothing
- Immerse body in ice water if possible or cool down with garden hose