

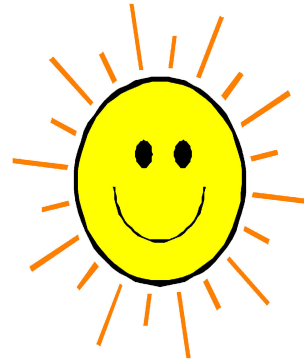
# HEAT RELATED ILLNESS

Heat exhaustion starts slowly, but if it's not quickly treated it can progress to heatstroke. In heatstroke, a person's temperature reaches 105°F (40.5°C) or higher. Heatstroke requires **immediate emergency medical care** and can be fatal.

## Signs and Symptoms

### Of **Heat Exhaustion**:

- increased thirst
- weakness
- **fainting**
- muscle cramps
- nausea and **vomiting**
- irritability
- **headache**
- increased sweating
- cool, clammy skin
- elevation of body temperature, but to less than 105°F (40.5°C)



### Of **Heatstroke**:

- severe headache
- weakness, dizziness
- confusion
- rapid breathing and heartbeat
- loss of consciousness leading to coma
- **seizures**
- may not be sweating
- flushed, hot, dry skin
- elevation of body temperature to 105°F (40.5°C) or higher

## What to Do

If your child has symptoms of heatstroke, **seek emergency medical care immediately**.

In cases of heat exhaustion or while awaiting help for a child with possible heatstroke:

- Bring the child indoors or into the shade immediately.
- Undress the child.
- Have the child lie down; elevate feet slightly.
- If the child is alert, place in cool bath water. If outside, spray the child with mist from a garden hose.
- If the child is alert and coherent, give frequent **sips** of cool, clear fluids.
- If the child is vomiting, turn onto his or her side to prevent choking.

### Think Prevention!

- Teach kids to always **drink plenty of fluids** before and during any activity in hot, sunny weather — even if they aren't thirsty.
- Make sure kids wear light-colored, loose clothing in warm weather.
- Don't let kids participate in heavy activity outdoors during the hottest hours of the day.
- Teach kids to come indoors immediately whenever they feel overheated.

