

# HEAT RELATED ILLNESS

Illness	Signs and Symptoms	Treatment
Heat Intolerance	<ul style="list-style-type: none"> <li>• Weak pulse</li> <li>• Cool, moist skin</li> <li>• Excessive sweating</li> <li>• May feel faint</li> </ul>	<ul style="list-style-type: none"> <li>• Relocate to a cool place (shaded and air-conditioned, if possible)</li> <li>• Rest in a lying down position</li> <li>• Give water to drink</li> <li>• If cramping occurs in muscles, drink liquids that contain salt (e.g. Gatorade type drinks)</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>• Pale, clammy skin</li> <li>• Profuse sweating</li> <li>• Extreme tiredness or weakness</li> <li>• Extreme thirst</li> </ul>	<ul style="list-style-type: none"> <li>• Relocate to a cool place (shaded and air-conditioned, if possible)</li> <li>• Rest in a lying down position</li> <li>• If conscious, give water to drink</li> <li>• If becomes unconscious, call 911</li> <li>• Use cool, wet towels to lower the body temperature</li> <li>• Monitor closely, obtain assistance from school nurse or medical professional if one is available</li> </ul>
Heat Stroke	<p><b><i>This is a true medical emergency!</i></b></p> <ul style="list-style-type: none"> <li>• Flushed, hot, dry skin – NO SWEATING</li> <li>• Dizziness, nausea, headache</li> <li>• Possible unconsciousness</li> </ul>	<ul style="list-style-type: none"> <li>• <b><i>Call 911 immediately!</i></b></li> <li>• Relocate to a cool place (shaded and air-conditioned, if possible)</li> <li>• Spray the body with water</li> <li>• If available, use fans to increase the evaporation across the body</li> <li>• Rest in a lying down position</li> <li>• Apply ice packs to the groin, arm pits and neck</li> <li>• Monitor closely until EMS arrives</li> </ul>

**If at any time the person becomes unconscious, call 911 immediately. Do not try to give them fluids.**