The first step is always prevention:
• Wear loose-fitting, light-weight clothing in hot weather
• Rest frequently
• Stay inside if possible
• Drink lots of fluids (avoid caffeine or alcohol)
• Listen to the news and weather for heat advisories

Heat Stroke
Heat stroke is the most serious type of heat-related emergency. It is LIFE-THREATENING and requires IMMEDIATE and AGGRESSIVE treatment!

Definition: Heat stroke occurs when the body’s heat regulating mechanisms fail. Body temperature rises so high that brain damage and death may result unless the body is cooled quickly.

Signs and Symptoms:
• Skin is HOT, RED, DRY.
• Pupils are constricted (very small)
• Body temperature is VERY HIGH (sometimes as high as 105°)

First Aid:
1. Call EMS immediately.
2. Move the victim to a cool location out of the heat.
3. Place victim in a tub of cool water, wrap in wet sheets, and place in an air-conditioned room.
4. DO NOT give ANYTHING by mouth!

Heat Exhaustion
Heat exhaustion is less dangerous than heat stroke, but it can progress to heat stroke if left untreated.

Definition: Heat exhaustion is caused by fluid loss which, in turn, causes blood flow to decrease to vital organs, resulting in a form of shock. As a result of dehydration, victims often complain of flu-like symptoms hours after exposure.

Signs and Symptoms:
• Skin is COOL, PALE, MOIST
• Pupils are dilated (very large)
• Body temperature near normal
• Heavy sweating
• Headache
• Nausea, dizziness, or vomiting

First Aid:
1. Call EMS immediately.
2. Move the victim to a cool location.
3. If conscious, give ½ glass of water every 15 minutes.

Heat Cramps
Occurs especially during outdoor games.

Definition: Muscular pain and spasms due to heavy exertion. Generally thought to be caused by loss of water and salt through sweating.

Signs and Symptoms:
• Abdominal cramps or muscle spasms
• Leg cramps or muscle spasms

First Aid:
1. Move victim to a cool location.
2. If conscious, give ½ glass of water every 15 minutes.

DO NOT:
• Underestimate the seriousness of heat related emergencies, especially for children or the elderly
• Give medications to reduce fever (i.e. Aspirin); they may cause further harm
• Give victims salt tablets
• Overlook possible complications from other medical problems
• Give victims liquids containing alcohol or caffeine—they interfere with the body’s ability to control temperature
• Give the victim ANYTHING by mouth if heat stroke is suspected.