



LOOK OUT FOR HEAT-RELATED ILLNESSES!



ILLNESS

DESCRIPTION

SYMPTOMS

Heat Stroke

Heat stroke is the most severe form of heat-related illness (hyperthermia). Can be life threatening as heat overwhelms your body's ability to manage its temperature.

- CONFUSION
- SLURRED SPEECH
- UNCONSCIOUSNESS
- SEIZURES
- HEAVY SWEATING OR HOT, DRY SKIN
- RAPID HEART RATE
- HIGH BODY TEMPERATURE

Heat Exhaustion

Heat exhaustion is a condition that happens when your body overheats after long heat exposure.

- FATIGUE
- IRRITABILITY
- THIRST
- NAUSEA/VOMITING
- DIZZINESS/LIGHTHEADED
- HEAVY SWEATING

Heat Cramps

Heat cramps are painful muscle spasms that can happen during activity in hot environments. The fluid and electrolyte loss that occurs through sweating often contributes to heat cramps.

- MUSCLE SPASMS
- PAIN IN MUSCLES
- CLAMMY SKIN
- DIZZINESS
- TIREDNESS
- HEAVY SWEATING
- WEAKNESS
- NAUSEA/VOMITING

Heat Rash

Heat rash occurs when sweat is trapped in the skin. Symptoms can range from small blisters to deep, inflamed lumps. Some forms of heat rash are very itchy.

- CLUSTERS OF RED BUMPS ON SKIN
- BLISTER LEGIONS ON SKIN
- OFTEN APPEARS ON NECK, UPPER CHEST, AND SKIN FOLDS

Heat Syncope

This refers to a fainting episode that someone can experience in high environmental temperatures. Heat syncope occurs when an individual in a hot environment does not have adequate blood flow to the brain, causing the person to lose consciousness.

- DIZZINESS OR LIGHTHEADEDNESS
- LOSS OF CONSCIOUSNESS
- PALE OR SWEATY SKIN
- TUNNEL VISION
- WEAK PULSE