

How to Treat Heat Illness

Exposure to high temperatures and humidity

Heat Stroke

Symptoms

- Very high internal body temperature
- Profuse sweating or dry skin
- Confusion
- Slurred speech
- Agitation

Treatments



CALL 911.



Apply ice to armpits and groin.



Soak in cool or cold water.

Continue to follow all treatments below.

Heat Exhaustion

Symptoms

- Normal or slightly higher body temperature
- Profuse sweating
- Dizziness/fainting
- Weakness
- Headache
- Nausea/vomiting

Treatments



Remove clothing.



Move to coolest place possible.



Spray cold water on skin.

Continue to follow all treatments below.

Heat Cramps

Symptoms

- Heat cramps:
 - Muscle pain or tightness
- Heavy sweating

Treatments



Stop activity.



Drink water or a sports drink.



Wait for cramps to go away.



Children's Hospital