**Heat Cramps**

**Often can be handled at home**

* *There’s no fever*
* Painful muscle cramps
* Flushed, moist skin because adequate sweat production is still possible

**What to do**

* Stop activity, move to a cool place to rest and cool off
* Remove excess clothing, take a cool shower, use a fan or move to where there’s air conditioning
* In dry heat, a mist bottle & fan will help with cooling off. This will work less well in humid heat
* Make sure there’s adequate hydration, a sports drink with electrolytes may be helpful
* Slowly stretch muscles
* Check for fever, it may indicate heat exhaustion or heat stroke

**Heat Exhaustion**

**May need medical help**

* *Often has raised temperature, but it’s not dangerously high*
* Feels dizzy/faint
* Cramping muscles
* Pale, moist skin because the person is still able to sweat
* Nausea, vomiting, diarrhea
* Headache
* Fatigue, weakness

**What to do**

* Quickly get the person to a cool place for rest
* Remove excess clothing
* Use a fan or air conditioning to cool the person down
* Cool water or sports drink to help sweat production
* Cool shower or cool packs
* If fever doesn’t go down, it increases, or they are a medically vulnerable person, the person may need intravenous fluids right away
* Monitor temperature closely, this can become heat stroke

**Heat Stroke**

**Needs rapid cooling & emergency medical care**

* *Fever, usually at or over 40° C (104° F)*
* *Altered consciousness, delirium, confusion, agitation, slurred speech*
* *Without rapid cooling, seizures, coma & death are possible*
* Skin can be hot and dry to the touch because sweat production is inadequate
* Rapid heart rate
* Lethargy, stupor
* Nausea, vomiting
* Headache
* Fatigue

**What to do**

* Call for emergency medical help, heat stroke can be lethal
* Cool water or sports drink if they are able to drink
* While waiting for emergency help, do what you can to cool them down
* If you can, move them to a cooler place, remove most clothing, spray them with cool water & fan them
* If available, place ice packs or cool packs on the armpits, around the neck area, & groin areas (where the big arteries are)

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| **Prevention*** Make ice or chill a few cool packs in your freezer to help you through
* Plan activity for cooler times of day
* Wear cool, light-colored & ventilated clothing
* Use electric fans or air conditioning
* Fans & spray bottle of mist help in dry heat
* Put feet in cool tub of water
* Cool showers
* Focus on cool water or sports drinks for hydration & drink throughout the day.
* Sipping small amounts frequently can help if you don’t feel thirsty
* Check on vulnerable people during hot weather & learn how much they’re able to drink, quantity matters
* Be aware that cars can become lethally hot quickly
* Keep interiors cooler by keeping curtains closed during the day
* Know that many medications impair normal regulation of body temperature, so be extra vigilant about staying cool and hydrated.
* Medical, including mental health issues can worsen with heat
* When high heat is predicted, learn if your city has cooling shelters
* If you don’t feel well in any way, call your doctor’s office for a consult
* Have a thermometer so you can know your own temperature
* Have a room thermometer so you know how hot your surrounding area is
* Try & keep track of the amount you drink
* If you’re working and new on the job, take extra care because your body is less familiar with working in heat
* If you work outdoors, or without air conditioning, ask your employer what the heat plan is
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