

How to Spot and Treat Health Problems Caused by Heat

DEHYDRATION

What It Is: A loss of water in your body

Warning Signs: Thirst, fatigue, dizziness or light-headedness, confusion

What to Do: Drink plenty of water or sports drinks, which will replace the fluids, salts, and electrolytes that your body has lost.

HEAT EXHAUSTION

What It Is: A *mild* illness caused by too much heat and dehydration

Warning Signs: Heavy sweating, cold or clammy skin, muscle cramps, fatigue, dizziness or light-headedness, headache, fainting, nausea or vomiting, and a fast, weak pulse

What to Do: Move to a cool, shady place. Drink plenty of water or sports drinks. If you don't feel better fast, call 911.

HEAT STROKE

What It Is: A *dangerous, life-threatening* rise in body temperature

Warning Signs: A body temperature of 103° or higher; red, hot and dry skin that is flushed but not sweaty; dizziness or light-headedness, headache; a fast, weak pulse; passing out.

What to Do: Call 911 immediately. Move to a cool, shady place. Take off or loosen heavy clothes. Drink plenty of water or sports drinks. Gently apply cold, wet compresses to the skin and apply ice packs to the groin and armpits.