

# Heat Related illnesses to look out for

- 1. Heat Stroke** » Heat stroke occurs when the ability to sweat fails and body temperature rises to a dangerous level quickly. It's often fatal or results in organ damage. Symptoms include very hot skin, an altered mental state and seizures can occur. Cooling the body down is crucial.
- 2. Heat Exhaustion** » When the body loses an excessive amount of salt and water, heat exhaustion sets in. People who work outdoors and athletes are very susceptible. Symptoms include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. They may also have clammy or pale skin, dizziness, or rapid pulse.
- 3. Heat Cramps** » Heat cramps are muscle spasms usually affecting the legs or abdominals, often after physical activity. Excessive sweating reduces salt levels in the body, resulting in heat cramps. People with pain or spasms in the abdomen, arms or legs should not return to work for a few hours

If you experience any of these symptoms and they do not improve, seek medical attention

**IMMEDIATELY** and call **911**.



Have a **safe &**  
**enjoyable** summer!

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