

Know the signs of heat-related illness

Heat-related illness results when your body is exposed to more heat than it can handle. Following are the most common heat-related illnesses:

Type	Symptoms	Treatment
Heat fatigue The mildest heat illness.	<ul style="list-style-type: none"> ▪ Discomfort. ▪ Crabbiness. ▪ Confusion. ▪ Headache. ▪ Extreme tiredness. 	<ul style="list-style-type: none"> ▪ Get out of the heat and drink lots of cool liquids. ▪ Slow down activities until body adjusts to temperature.
Heat swelling Mild swelling of extremities.	<ul style="list-style-type: none"> ▪ Similar symptoms as heat fatigue. ▪ Swelling of hands, feet and ankles. 	<ul style="list-style-type: none"> ▪ Wear support stockings. ▪ Keep legs elevated. ▪ Drink cool liquids.
Heat rash Develops on skin from sweating.	<ul style="list-style-type: none"> ▪ Itching. ▪ Redness. 	<ul style="list-style-type: none"> ▪ Keep skin clean and dry. ▪ Try to avoid extreme heat.
Heat syncope A brief loss of consciousness or sense of confusion.	<ul style="list-style-type: none"> ▪ Faintness. ▪ Delusion. ▪ Blurred vision. 	<ul style="list-style-type: none"> ▪ Lie down with feet raised. ▪ Loosen clothing. ▪ Place cool, wet cloth on forehead. ▪ Seek medical attention if not recovered in five minutes.
Heat cramps Usually occur after several hours of hard physical activity.	<ul style="list-style-type: none"> ▪ Sudden, painful muscle spasms. ▪ Lack of perspiration. 	<ul style="list-style-type: none"> ▪ Move into cool place. ▪ Stretch affected muscles. ▪ Drink cool, lightly salted water or electrolyte replacement drinks.
Heat exhaustion Not as serious as heatstroke, but has very serious symptoms.	<ul style="list-style-type: none"> ▪ Heavy sweating. ▪ Dizziness. ▪ Weakness. ▪ Nausea. ▪ Vomiting. 	<ul style="list-style-type: none"> ▪ Move into cool place. ▪ Drink cool, lightly salted water or electrolyte replacement drinks. ▪ Cool body by fanning or sponging with water. ▪ Seek medical attention if not recovered in five minutes.
Heatstroke Also known as sunstroke, which is the most serious heat-related illness.	<ul style="list-style-type: none"> ▪ Hot skin with high body temperature. ▪ Confusion. ▪ Other strange behavior. ▪ Seizures. ▪ Unconsciousness. ▪ Quick breathing. 	<ul style="list-style-type: none"> ▪ Call for emergency help. ▪ Remove clothes and cool the body by any available means as fast as possible. ▪ Stop cooling when the person's mental state improves. ▪ Keep head and shoulders elevated.

