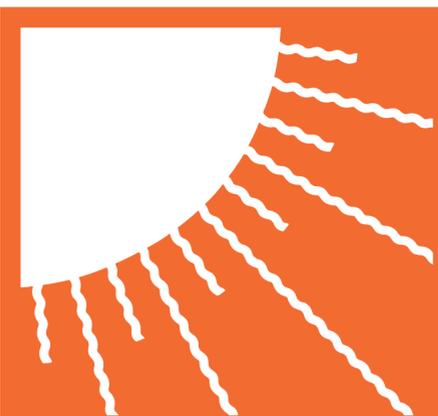


HOW TO DEAL WITH HEAT ILLNESSES



HEAT CRAMPS

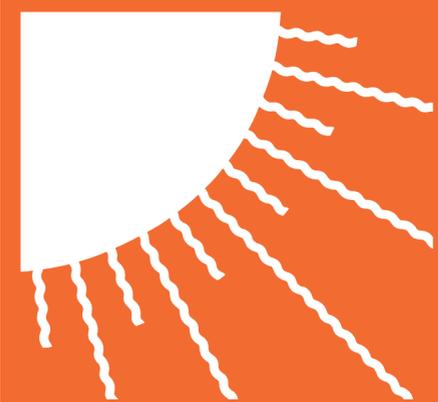
SYMPTOMS

Mild nausea
Muscle cramps in the abdominal area or extremities
Cool, pale skin
Perspiration

TREATMENT

Move to a cooler place
Give water or other fluids and also salt
Encourage to rest

Heat cramps can lead to heat exhaustion if left untreated.



HEAT EXHAUSTION

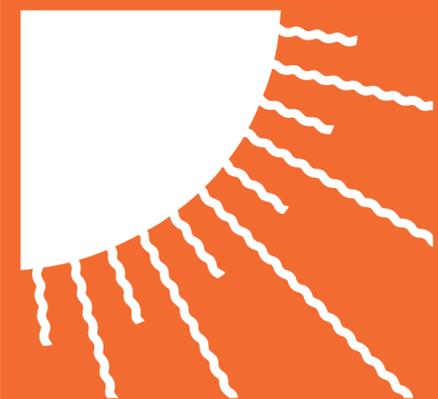
SYMPTOMS

Irritability or change in behavior
Low or normal temperature
Slightly low blood pressure
Rapid, full pulse and heartbeat
Rapid breathing
Cold, pale skin (may be ashen-grey)
Profuse perspiration
Dizziness, headache, and weakness
Nausea, vomiting
Cramps in the abdominal area or in the extremities

TREATMENT

Move to a cooler place as soon as possible
Give water or other liquid immediately
Encourage to rest for a short period

A doctor should be called. Recovery may be spontaneous, or intravenous fluids may be needed to prevent unconsciousness.



HEAT STROKE

SYMPTOMS

Agitation, confusion, seizures, lethargy, or coma (all may be first symptoms)
High temperature (105 degrees Fahrenheit or above)
High blood pressure initially (shock may follow, resulting in low blood pressure)
Rapid pulse and heartbeat
Rapid, shallow breathing if person is moving about; slow, deep breathing if the person is still
Hot, dry, flushed skin

TREATMENT

Call a physician immediately.
Remove patient's clothing.
If a tub is available, immerse patient in ice water, otherwise, make efforts to bring down body temperature with cold compresses, or a cold water shower with massage.
Replace fluids and sodium only under medical orders.

Heat stroke, the most serious of the heat illnesses, can lead to death if left untreated.