

Heat Exhaustion or Heatstroke?



As temperatures rise, the summer heat brings potential health risks, including serious illnesses that must be addressed promptly. Heat exhaustion occurs when the body loses excessive water and essential salts through sweat. If left untreated, heat exhaustion can progress to heatstroke, a life-threatening emergency that demands immediate medical attention to prevent lasting harm or even death.



Heat Exhaustion



Symptoms:

- Heavy sweating
- Cool, moist skin
- Dizziness
- Nausea
- Weakness
- Muscle spasms or cramps
- Fever of 100° F or higher



First Aid:

- Move the person to a cool place
- Apply cool compresses or ice packs
- Encourage cold water or a sport drink with electrolytes
- Remove or loosen unnecessary clothing



Heatstroke



Symptoms:

- Hot and dry skin
- Headache
- Disorientation or confusion
- Rapid pulse
- Nausea and vomiting
- Loss of consciousness
- Fever of 104° F or higher



First Aid:

- Call 911
- Move the person to a cool, shaded area
- Remove outer clothing
- Apply cool compresses or wet cloths or soak the person's clothing with water

Act Fast

Heat-related illnesses can come on rapidly. Recognizing the symptoms and taking appropriate action can prevent these conditions from becoming life-threatening. Watch for these signs of heat-related illness and act quickly, and when in doubt, call 911.

This infographic is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.