

Watch for signs of heat illness in yourself and others:

- **Heat Rash**
- **Heat Syncope
(Fainting)**
- **Heat Exhaustion**
- **Muscle Cramps**
- **Heat Stroke**

Act quickly to provide first aid.



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1. Heat Rash:

Recognize: Clusters of red bumps in sweaty areas like neck, chest, or skin folds

Respond:

- Stay cool and in a dry place
- Keep the rash dry
- Use baby powder for relief

2. Heat Syncope (Fainting):

Recognize: Fainting, dizziness, weak pulse, tunnel vision, pale, or sweaty skin

Respond:

- Move to a shaded, cool area
- Sit or lie down
- Elevate legs

3. Exercise-induced Muscle Cramps:

Recognize: Forceful, painful muscle spasms, stiffness, visible knots in muscles.

Respond:

- Stretch affected muscle
- Rest
- Drink fluids (water, electrolyte replacement)

4. Heat Exhaustion:

Recognize: Fatigue, nausea, weakness, vomiting, dizziness, paleness, chills, irritability, headache, decreased muscle coordination

Respond:

- Rest in a cool place
- Drink fluids (water, electrolyte replacement)
- Try cooling measures (ice packs, cool shower, towels soaked in cool water).
- Loosen clothing

5. Exertional Heat Stroke:

Recognize: Confusion, altered consciousness, bizarre behavior, staggering, fainting, seizures

Respond:

- Cool person quickly (ice water immersion or cool towels)
- Activate emergency medical system (call 911)
- Do not give anything to drink