

## Heat-Related Conditions

<b>Condition</b>	<b>Cause</b>	<b>Symptoms</b>	<b>Action</b>	<b>Prevention</b>
<b>Heat Rash</b>	Hot, humid environment. Plugged sweat glands.	Red, bumpy rash. Severe itching.	Change into dry clothes. Rinse skin with cool water.	Wash regularly keeping skin clean and dry.
<b>Heat Cramps</b>	Heavy sweating depleting body's salt causing painful cramps in the muscles. May also be a sign of heat exhaustion.	Muscle pain or spasm, normally in the legs, arms or abdomen. May be associated with activity.	Stop all activity; sit quietly in cool place; Drink clear juice or sports drink; wait a few hours after cramps subside before resuming activity or it may lead to heat exhaustion or heat stroke. Seek medical attention if cramps do not subside in 1 hr or if the person has heart problems or is on a low-sodium diet.	Avoid strenuous activity during times of high heat and humidity. Maintain fluid levels.
<b>Fainting</b>	Lack of blood flow to the head, causing loss of consciousness.	Cool moist skin. Weak pulse.	GET MEDICAL ATTENTION Assess need for CPR, move to cool area, loosen clothing, make person lie down, offer sips of water.	Reduce activity levels and heat exposure. Drink fluids regularly.
<b>Heat Exhaustion</b>	Inadequate salt and fluid intake causes body's cooling system to start to break down.	Heavy sweating, cool moist skin, muscle cramps, weakness, headache, nausea, body temperature over 38 C, weak pulse, normal or low blood pressure.	GET MEDICAL ATTENTION Cool shower, bath or sponge bath, rest, loosen clothing, cool beverages, fan and spray with cool water or move to air-conditioned environment, offer sips of water.	Reduce activity level. Maintain fluid levels.
<b>Heat Stroke</b>	Body's salt and water is depleted, sweating stops, and body temperature rises.	High body temperature over 41 C, red hot and dry skin, no sweating, rapid strong pulse, headache, confusion, dizziness, nausea.	GET MEDICAL ATTENTION immediately COOL BODY RAPIDLY Immerse in cool water, fan, shower or spray with cool water, remove excess clothing, offer sips of water.	Reduce activity levels. Maintain fluid levels. Recognize signs and symptoms.