

# Warning Signs and Symptoms of Heat-Related Illness

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

## Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

### What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

## Heat Stroke

- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

### What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Source: National Center for Environmental Health, Centers for Disease Control & Prevention.  
<http://www.cdc.gov/nceh/extremeheat/warning.html>