City of SACRAMENTO
Youth, Parks, & Community Enrichment

HEAT ILLNESS

Know the signs ✸ Beat the heat

City of SACRAMENTO AQUATICS

What does it look like?

HEAT CRAMPS

Symptoms:

- Muscular pains, cramps and spasms
  - legs, arms, abdomen

Treatment:

- Stop activity and move to cooler area
- Take sips of cool water
- Replenish sodium lost through sweat with a sports drink like Gatorade.
- Avoid physical activity for a few hours.

Immediately seek medical attention if cramps last longer than 1 hour.

HEAT EXHAUSTION

Symptoms:

- Skin is cold, clammy, pale, flushed or red
- Heavy sweating
- Headache and Muscle Cramps
- Weakness, fatigue, dizziness, or fainting
- Nausea or Vomiting

Treatment:

- Move to a cool, shady area
- Lie down
- Loosen clothing
- Apply cool, wet cloths to your body
- Sip water

Call 9-1-1 if: vomiting continues, symptoms worsen or last longer than 1 hour.

HEAT STROKE

Symptoms:

- Skin is hot, red, and dry or flushed
- High body temperature
- No sweating
- Fast, strong pulse and difficulty breathing
- Confusion, disorientation, or loss of conciousness

➡ CALL 9-1-1 IMMEDIATELY

Treatment:

- Move person to cool, shady area
- Provide cool shower or wrap body in cool, wet sheets
  - rapidly fan body to simulate sweating
- Wrap ice packs in cloths and place under armpits and groin
- Monitor body temperature

HEAT STROKE IS A MEDICAL EMERGENCY. CALL 9-1-1 immediately and then begin cooling process

Prevention

- Wear sunscreen
- Stay hydrated
- Cool off in the shade
- Avoid caffeinated drinks and alcohol
- Wear light, loose clothing
- Take breaks + Limit outdoor time

If you are experiencing any symptoms you believe to be life threatening, seek medical attention, or call 911 immediately.