### 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 consciousness

**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 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.