



# WHAT DOES HEAT RELATED ILLNESS LOOK LIKE?



For an updated heat-related resources and places to cool off, please visit:

<http://lanecountyor.gov/cooling>

**REMEMBER:** Everyone is at risk for heat-related illness, especially those who are more vulnerable. Protect yourself and your loved ones from extreme heat. Those at the greatest risk for heat-related illness include young children; adults 65 and older; athletes; and people with chronic illness or who are overweight, work outdoors, or have a low income.

The best way to protect yourself from the harmful effects of excessive heat is to stay cool, stay hydrated and stay informed.

## Heat Stroke and Heat Exhaustion:

### Heat Stroke:

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, sweating stops, and the body can't cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

### Warning Signs of Heat Stroke:

- Very high body temperature (104°F or more)
- Red, hot skin
- Rapid and strong pulse
- Possible-unconsciousness

If you see any of these signs, it could be a life-threatening emergency. Call 911 and then begin first aid for heat stroke.

### Do the following:

- Move the person to a cooler place, such as a shady or air-conditioned space.
  - Reduce the person's body temperature by using cool cloths, a garden hose or even a cool shower.
  - Do NOT give fluids.
  - Monitor body temperature and continue cooling efforts until the body temperature drops to 101–102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for more instructions.

### Heat Exhaustion:

Heat exhaustion is a milder illness that can develop after prolonged exposure to high temperatures. This is particularly true if fluids are not being replaced fast enough or when you are not drinking the right kinds of fluids.

**The warning signs include the following:**

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

**If you or someone you know is experiencing heat exhaustion:**

- 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, immediately seek medical attention
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## **PUBLIC HEALTH**

PREVENT. PROMOTE. PROTECT.

# HEAT EXHAUSTION



# HEAT STROKE



**FAINT OR DIZZY**

**EXCESSIVE SWEATING**

**RAPID, WEAK PULSE**

**NAUSEA OR VOMITING**

**COOL, PALE, CLAMMY SKIN**

**MUSCLE CRAMPS**

**THROBBING HEADACHE**

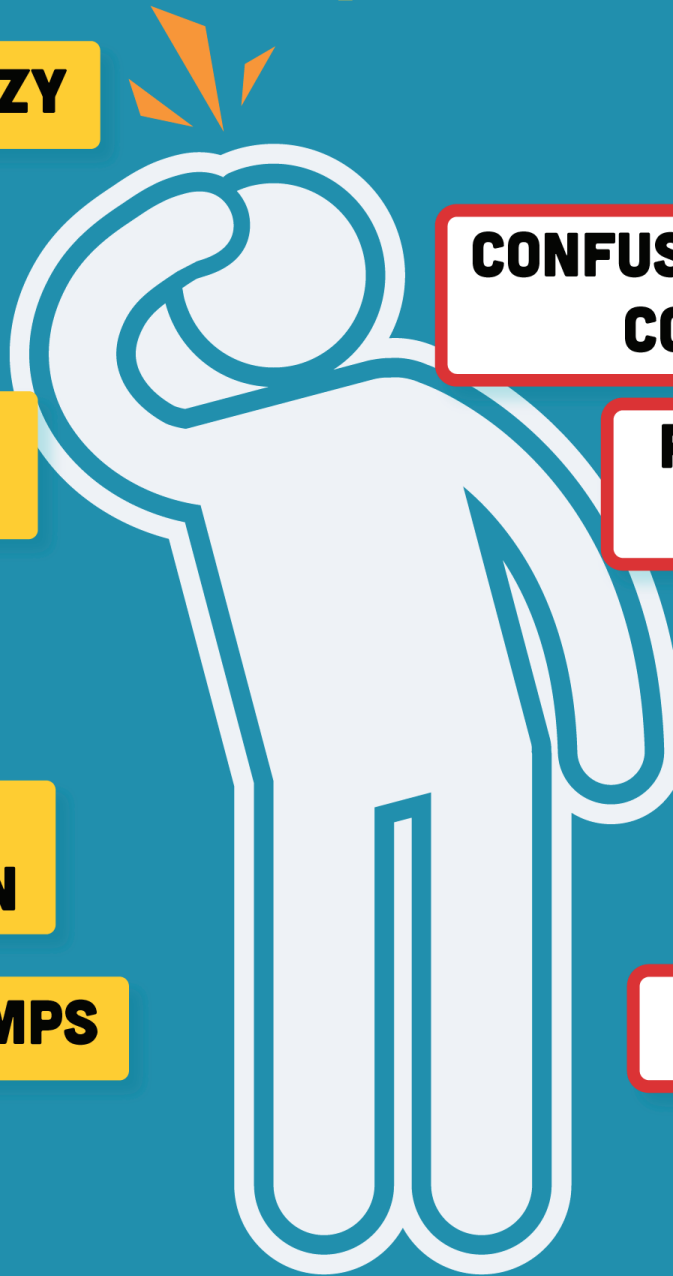
**CONFUSED, MAY LOSE CONSCIOUSNESS**

**RAPID, STRONG PULSE**

**NAUSEA OR VOMITING**

**BODY TEMP ABOVE 103°**

**RED, HOT SKIN**



**HELP THE PERSON GET TO A COOLER, AIR CONDITIONED PLACE. ENCOURAGE THEM TO DRINK WATER IF THEY'RE FULLY CONSCIOUS.**



**CALL 911**

**COOL OFF THE PERSON QUICKLY BY LAYING THEM IN COOL WATER OR DOUSING THEM WITH IT.**