

KNOW THE SIGNS OF HEAT ILLNESSES



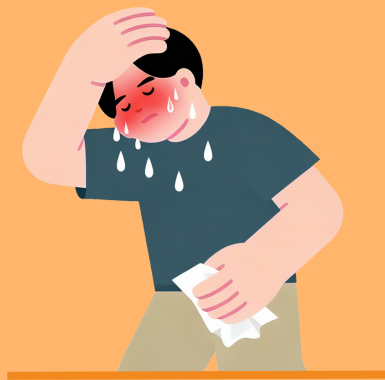
MUSCLE CRAMPS

Signs and Symptoms:

- Heavy sweating during intense exercise.
- Muscle pain or spasms

What to do:

1. Rest
2. Hydrate
3. Move to a cool area



HEAT EXHAUSTION

Signs and Symptoms:

- Excessive sweat
- Cool, clammy skin
- Faint/dizzy
- Fast, weak pulse
- Muscle cramps
- Extreme thirst
- Headache
- Nausea/vomiting
- Raised body temperature

What to do:

1. Move to a cool location
2. Loosen clothing
3. Slowly sip water



HEAT STROKE

Signs and Symptoms:

- Confusion
- Seizure
- Unconsciousness
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Nausea/vomiting
- Raised body temperature

What to do:

1. **Call 911**
2. Apply cool, wet cloths
3. Do not give fluids