



HEAT-RELATED ILLNESS

HEAT CRAMPS • HEAT EXHAUSTION • HEAT STROKE

This Health Information Fact Sheet is designed to assist individuals, parents, and caregivers recognize the symptoms of heat-related illness and learn how to treat and prevent its occurrence.

SOME FACTS about HEAT CRAMPS



- Heat Cramps are muscle pains or spasms, usually in the legs, abdomen, or arms and might occur in association with more strenuous activity.
- Sweating depletes the body's salt and moisture and the low salt level in the muscles can cause painful cramps.

SOME FACTS about HEAT EXHAUSTION



- Heat Exhaustion is a milder form of heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids.

TREATMENT for CRAMPING:



- Rest in a cool, shady, air-conditioned place.
- Drink water, clear juice, or a sports beverage.
- Do not return to any strenuous activity for a few hours after cramps go away.
- Seek Medical Attention if cramps do not go away in one (1) hour.**

WHAT to WATCH FOR



The primary signs of HEAT EXHAUSTION:

- HEAVY SWEATING
- MUSCLE CRAMPS
- HEADACHE
- FAINTING
- FAST, WEAK PULSE
- PALENESS
- WEAKNESS
- NAUSEA or VOMITING
- COOL, MOIST SKIN
- BREATHING FAST & SHALLOW
- TIREDNESS
- DIZZINESS

TREATMENT for HEAT EXHAUSTION:



- Remove restrictive clothing and any unnecessary equipment.
- Rest in a cool, shady, air-conditioned place.
- Drink water, clear juice, or a sports beverage.
- Take a cool shower, bath, or sponge bath.

SOME FACTS about 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,
 - ☑ the sweating mechanism fails, and
 - ☑ the body is unable to cool down.

WARNING! Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

SEEK MEDICAL ATTENTION IMMEDIATELY!

WHAT to WATCH FOR



The primary signs of HEAT STROKE:

- An extremely high body temperature of 104°F or higher
- Red, hot, and dry or moist skin
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

TREATMENT for HEAT STROKE:

Response time will be critical!

Call 9-1-1 immediately and begin the cooling process:

- ☑ Loosen or remove restrictive clothing and any adaptive equipment (if appropriate).
- ☑ Help the body to immediately cool down by any of the following means:
 - if outdoors, move into an air-conditioned area and/or near a fan;
 - get into a tub of cool water or a cool shower;
 - gently sponge with cool or cold water;
 - carefully place light-weight ice bags at the neck, armpit, and groin areas.
- ☑ Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F. Be careful not to over cool the body.
- ☑ If the person is alert, give him or her sips of cool (no ice) water.
- ☑ Do not give the person alcohol to drink.
- ☑ If emergency medical personnel are delayed, call the hospital emergency room for further instructions.



THE HEAT-RELATED ILLNESS FACT SHEET is #8 in a series of HEALTH INFORMATION FACT SHEETS compiled by the DDD Quality Assurance Unit. Fact Sheets are available upon request and posted on the Division's Website: https://www.azdes.gov/developmental_disabilities/ (Click on "News & Events"). Issued July 2012

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