Heat illness

Know the signs. Be prepared.

Heat cramps
- Earliest sign of heat illness
- Painful muscle spasms
- Typically occurs on the abdomen, back, and arms
- Heavy sweating

Hydration is the best combatant for any heat illness.

Heat rash
- Skin irritation with red rash caused by heavy sweating
- Typically occurs where sweat collects on the neck, groin, armpits, chest, and inside elbows and knees
- Most common in babies and children

Wear light absorbant fabric; replace damp clothing.

Heat stroke
- Most severe form of heat illness
- Skin is red, hot, and lacking sweat
- Rapid and weak pulse
- Extreme confusion or irritability
- May result in shock, loss of consciousness, brain damage, or death

Call 911 if heat stroke is suspected

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