

# HEAT EXHAUSTION /HEAT STROKE

Heat exhaustion is most common and is due to lack of body fluids. Heat Stroke is life-threatening and occurs when the body is overwhelmed by heat. Strenuous activity in the heat may cause heat-related illness. See signs & symptoms of heat emergencies below.

Spending too much time in the heat may cause heat emergencies.

Heat emergencies can be life-threatening situations.

Is person unconscious or losing consciousness?

NO

- Move person to a cooler place
- Have person lie down
- Elevate feet
- Loosen or remove clothing
- Fan person

YES

- Quickly remove person from heat to a cooler place
- Put on side to protect airway
- Look, listen and feel for breathing. If not breathing, see "CPR"

Are any of the following happening:

- Hot, dry, red skin?
- Vomiting? Fever?
- Confusion, dizziness?
- Rapid shallow breathing?

YES



**CALL EMS 9-1-1**

NO

- Give clear fluids frequently (water, sport drink, etc.), in small amounts, if fully awake and alert,
- If condition improves, may return to class. NO PE.
- If no improvement, person **NEEDS IMMEDIATE MEDICAL CARE**

Cool rapidly by completely wetting clothing/skin with room temperature water.  
**DO NOT USE ICE WATER.**

## Signs & Symptoms of Heat Related Injury

### Heat Exhaustion

- Cool, moist, pale skin
- Weakness & fatigue
- Sweating, headache
- Vomiting, nausea
- Confusion, dizziness
- Muscle cramping

### Heat Stroke

- Red, hot, dry skin
- High temperature
- Rapid, weak pulse
- Rapid, shallow breathing
- Seizure
- Loss of consciousness

Contact responsible school nurse or administrator & parent or legal guardian.