

# Heat Related Emergencies

## Signs and Symptoms

Heat Cramps	Heat Exhaustion	Heat Stroke
Faintness	Moist and clammy skin	Life threatening
Dizziness	Pale	Dry or wet hot skin (usually red)
Exhaustion	Weak, dizzy or faint	Very high body temperature
Stiff, boardlike abdomen	Headache	Coma or near coma
Possible nausea and vomiting	Nausea and vomiting	
Normal mental status		
Severe muscular cramps/pain		

## Treatment

Heat Cramps	Heat Exhaustion	Heat Stroke
Move patient to cooler environment	Move patient to cooler environment	Move patient to a cooler environment
Give fluids	Give modest amount of fluids	Loosen or remove clothing that may be interfering with heat loss
Stretch cramped muscles	Loosen or remove clothing that may be interfering with heat loss	Apply ice packs or wet cloths to neck, armpits, groin
	Lay patient down with legs elevated	Assure that 9-1-1 has been called
	Assure that 9-1-1 has been called if patient not improving	