

Heat Related Emergencies

Signs and Symptoms

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

Treatment

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

