

# Types of Heat-Related Illness



## **Heat Cramps - Muscular pains and spasms caused by heavy sweating**

- **Symptoms:** muscular pains and spasms usually occurring in the legs or abdomen
- **Treatment:** Get the person to rest in a comfortable position in a cooler place. Provide them with water or fluids with electrolytes to help them rehydrate.



## **Heat Exhaustion - Typically occurs when people overexert themselves in a warm, humid place, often affects those doing strenuous work in hot weather. Body fluids are lost through heavy sweating and blood flow to the skin increases, causing blood flow to vital organs to decrease. This results in a mild form of shock.**

- **Symptoms:** Cool, moist, pale or flushed skin, nausea, dizziness, headache, weakness, and/or exhaustion
- **Treatment:** Get the person to rest in a cooler place. Remove/loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give them half a glass of cool water or fluids with electrolytes every 15 minutes, making sure the person drinks slowly. Watch the person carefully for changes in his or her condition and call 9-1-1 if it doesn't improve.



## **Heat Stroke - the most serious heat emergency, and can be life threatening. It develops when systems in the body begin to stop functioning due to extreme heat. Heat stroke may cause brain damage or death if the body is not cooled quickly.**

- **Symptoms:** Extremely high body temperature, hot and red skin (dry or moist), loss of consciousness, changes in level of responsiveness, rapid and weak pulse, rapid and shallow breathing, vomiting, confusion, and/or seizures
- **Treatment:** A person suffering from heat stroke needs immediate assistance. Call 9-1-1 and move the person to a cooler place. Immerse the individual in a cool bath, wrap in cold wet sheets, or cover the person in bags of ice.



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