

FOUR LEVELS OF HEAT ILLNESS

1. **HEAT SYNCOPE**: Feelings of weakness and tiredness which usually improve with diet and rest.

2. **HEAT CRAMPS**: Muscular reaction to lack of minerals and waste removal in the area.

Symptoms -

- > Pale, moist skin
- > Rapid pulse
- > Normal sweating
- > Normal temp.
- > Normal to slightly fast breathing

Other symptoms -

- > Severe muscle pain and spasms, faintness, dizziness, exhaustion.

Treatment -

- > Rest: 12 hours before return to activity (especially if severe)
- > Increase water intake to 6L - 8L per day
- > Slightly elevate salt intake in diet
- > DO NOT START DRINKING GREATER QUANTITIES OF ELECTROLYTE DRINKS!

3. **HEAT EXHAUSTION**: Serious disturbance of blood flow. Inadequate water replacement lowers blood volume causing the heart to work even harder.

Symptoms -

- > Pale, cool skin
- > Normal to slightly elevated temp.
- > Profuse and constant sweating
- > Weak, slow pulse
- > Breathing faster than normally

Other symptoms -

- > Headache, dizziness. Heat cramps, possible. Dry mouth, excessive thirst. Uncoordination and mental dullness.

Treatment -

- > Rest: At least 36 hours before returning to activity
- > Stop activity. Bedrest in cool room. Cool forehead with damp cloths.
- > Increase water intake immediately and continue for 36 hour rest period.

4. **HEAT STROKE**: Failure of the heat regulation system of the body. **MEDICAL EMERGENCY !!!!!**

Symptoms -

- > Red, dry skin
- > Rapid pulse
- > NO SWEATING
- > 106 or higher temp.
- > Rapid breathing

Other symptoms -

- > Collapse and unconsciousness probable. Dizziness, faintness, exhaustion.

Treatment -

- > Call ambulance/EMS service immediately !!!!!
- > Cool body by submerging in COOL (not cold) shower or bath.
- > Remove as much clothing as possible