

# Preventing Heat-related Illness (HRI)

Protect Yourself and Others

- Heat-related illness can affect everyone, especially vulnerable populations.
- Heat exhaustion and heat stroke are dangerous and can be life threatening.

**Watch for signs of heat-related illnesses** and take actions to help yourself and others. **Learn and look** for the warning signs of heat cramps, heat exhaustion, and heat stroke.

## Types of heat-related illness

### Heat Exhaustion Symptoms

- Heavy sweating
- Headache
- Weakness
- Fatigue
- Dizziness
- Nausea or vomiting
- Muscle cramp



### Heat Stroke Symptoms

- Very high body temperature
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion, loss of consciousness

### What to do for heat exhaustion

- Move to a cool place
  - Loosen clothing
  - Put cool, wet cloths on body or take cool bath
  - Drink cool water
- Get medical help for any of the following:**
- Person throws up or cannot drink
  - Symptoms get worse
  - Symptoms last longer than one hour

### What to do for heat stroke

- Seek immediate medical attention**  
**Call 9-1-1 right away**
- Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or cool bath