Download a Heat Card in *pdf* format.

Common Heat Related Disorders

Heat Disorder	Symptoms	First Aid
Heat Cramps	Painful spasms usually in muscles of legs and abdomen due to heavy exertion. Heavy sweating.	Stop activity and rest in a cool place. Lightly stretch or gently massage muscle to relieve spasms. Give sips of cool water.
Heat Exhaustion	Heavy sweating. Skin cool, pale, and clammy. Pulse fast and weak. Breathing fast and shallow. Fainting, dizziness, vomiting, and nausea.	Get victim to a cool place. Have him/her lie down and loosen clothing. Apply cool, moist cloths. Give sips of cool water.
Heat Stroke	Temperature 103 or higher. No sweating, rapid pulse, fast and shallow breathing. Hot, red, dry skin. Nausea, dizziness, headache, confusion.	**Heat stroke is a severe medical emergency. Summon emergency assistance or get the victim to a hospital. Delay can be fatal.** Move the victim to a cooler environment. Use cool baths or sponging to reduce body temperature.

Excessive Heat Safety

***** Drink plenty of water and natural fruit juices, even if you're not thirsty. Avoid alcoholic beverages and drinks with caffeine, such as coffee, tea, and colas.

* Wear loose-fitting, lightweight, light-colored clothing. If you must go out, use sunscreen and wear a wide-brimmed hat. Remember that sunburn reduces the skin's ability to provide cooling.

* Avoid going out during the hottest times of the day. Take frequent breaks if working during the heat of the day.

* Using a buddy system between co-workers in high heat-stress jobs can help ensure that signs of heat stress do not go unnoticed.

* Inside during the day, keep shades drawn and blinds closed. Use air conditioning whenever available. Even just two hours per day in air conditioning can significantly reduce the risk of heat-related illness.

* Fans should only be used in a ventilated room. **Blow hot air out a window with a fan during the day, and blow in cooler air at night.**

* Take cool (not icy cold) baths or showers. Eat frequent, small meals. Avoid high protein foods, which increase metabolic heat. Fruits, vegetables, and salads constitute low protein meals.

* Do not leave children or pets in a closed vehicle with the windows up. Temperatures inside a closed vehicle can reach over 140 degrees within minutes.

* Provide extra water and access to a cool environment for pets.

* Listen to NOAA Weather Radio or media sources to keep up with the latest heat watches, warnings, and advisories.

For more excessive heat safety information, visit the *Frequently Asked Questions* on the CDC website.