Beat the Heat – Check the Backseat! Do not leave infants, children or pets unattended in a parked car.

<table>
<thead>
<tr>
<th>Heat Disorder</th>
<th>Symptoms</th>
<th>First Aid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat Cramps</td>
<td>Painful spasms usually in muscles of legs and abdomen due to heavy exertion. Heavy sweating.</td>
<td>Stop activity and rest in a cool place. Lightly stretch or gently massage muscle to relieve spasms. Give sips of cool water.</td>
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<tr>
<td>Heat stroke</td>
<td>Temperature 103 or higher. No sweating, rapid pulse, fast and shallow breathing. Hot, red, dry skin. Nausea, dizziness, headache, confusion</td>
<td>HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY ASSISTANCE OR GET THE VICTIM TO THE HOSPITAL. DELAY CAN BE FATAL. Move the victim to a cooler environment. Use cool baths or sponging to reduce body temperature.</td>
</tr>
</tbody>
</table>

How do you prevent heat stress?
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning; set work rest cycles
- Drink lots of water; about 1 cup every 15 minutes
- Wear lightweight, light colored, loose-fitting clothes
- Avoid alcohol, caffeinated drinks, or heavy meals

Who has the greatest risk of heat-related illness?
- Infants and children up to 4 years of age
- Anyone 65 years of age or older
- Anyone who is overweight
- Anyone who overexerts during work or exercise
- Anyone who is ill or on certain medications

Heat Resources

