

# **Prevent Heat Exhaustion**

**Stay  
hydrated**

**Be aware  
of your  
body and its  
limits**

**take time  
to cool off**

# Heat exhaustion

## Symptoms



- Skin: Pale, clammy, or cool skin
- Sweating: Heavy sweating
- Pulse: Weak and rapid
- Temperature: Elevated body temperature
- Thirst: Increased thirst
- Cramps: Muscle cramps in the arms, legs, or stomach
- Other symptoms: Headache, nausea, vomiting, dizziness, fatigue, weakness, restlessness, anxiety, poor coordination, decreased urine output, fainting

# Heat exhaustion

## Treatment



- Move to a cool place: Ideally, get into an air-conditioned building.
- Remove unnecessary clothing: Take off tight or heavy clothing, including hats and extra shirts.
- **Drink fluids: Sip chilled water, a sports drink containing *electrolytes*, or another nonalcoholic beverage without caffeine.**
- Cool your skin: Try taking a cool shower or soaking in a cool bath. You can also spray or sponge yourself with cool water, fan yourself, or put towels soaked in cool water on your skin.
- Rest: Lay the person down and raise their legs and feet slightly.