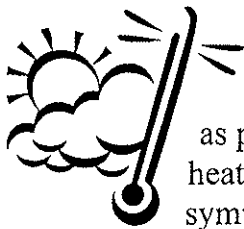


# Heat Emergencies

Heat illness is a medical emergency that is essential to recognize so that it can be treated immediately.



**H**eat illness is a **medical emergency** that can be easily prevented. However once it has begun it is essential to bring it under control as soon as possible to prevent complications. Listed below are the two major types of heat illnesses, *Heat Exhaustion* and *Heat Stroke*, with the details of their symptoms and treatments. Seek medical attention for either of these conditions.

## **HEAT EXHAUSTION**

**H**eat Exhaustion is caused by depletion of body fluids and electrolytes due to exposure to intense heat. It can also happen when a person is unable to adjust to the heat, resulting in prolonged or severe sweating.

Symptoms include the following:

- Pale skin
- Profuse sweating
- Nausea and/or vomiting
- Dilation of pupils
- Weakness or reduced level of consciousness



If heat exhaustion is present, contact a physician for additional recommendations. Older persons and adults with disabilities can be at especially high risk, because of medications they are taking or their inability to drink enough water or liquids or food that contain electrolytes, such as an orange. Here are a few tips for dealing with heat exhaustion until medical attention can be obtained:

- Move to a cool environment
- Loosen clothing
- Apply ice packs
- Elevate legs above the heart
- Drink cool fluids preferably that contain electrolytes, ie: sports drinks, Gatorade, Powerade



## **HEAT STROKE:**

### **EMERGENCY - SEEK MEDICAL ATTENTION!**

**H**eat Stroke can lead to death if left untreated. It is caused by the failure of the body to regulate body temperature effectively due to prolonged exposure to high temperature. People with pre-existing conditions like heart or lung diseases are at very high risk along with those who work in high humidity, high heat areas.



Symptoms include the following:

- High temperature
- Skin has a reddish tinge to it
- Rapid pulse
- Nausea and/or vomiting
- Weakness / dizziness
- Muscle cramps
- Headache
- Absence of perspiration!
- Possible confusion, disorientation, irrational behavior
- Slow deep respiration



If you suspect heat stroke,

**CALL 911  
OR TRANSPORT TO THE NEAREST MEDICAL FACILITY  
WHICH EVER IS FASTEST!**

This is a medical emergency. Provide cool water sponging or fluids, (preferably with electrolytes), by mouth if the person is still alert. Reduce body temperature to 102 degrees or lower as rapidly as possible.

*This flyer is for information and is not a substitute for professional medical advice it is provided courtesy of the Aging & Disability Resource Center of Brown County, 300 S. Adams Sr., Green Bay, WI 54301 (920) 448-4300. TTY: (920) 448-4335 Check us out on the web: [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)*