



SIGNS AND SYMPTOMS OF HEAT-RELATED ILLNESS AND WHAT TO DO

- *Heat Cramps* - cramps or muscle spasms in the abdomen, arms or legs.

Solution: Stop activity. Cool down, drink clear juice or sports drink.

- *Heat Exhaustion* - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.

Solution: Cool down, seek medical attention.

- *Heat Stroke* - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

Solution: Call 911 and cool the victim with shower or hose until help arrives.

(Courtesy: Wisconsin Department of Health Services)

For more information, visit <http://readywisconsin.wi.gov> and click on our Heat Awareness section.