

Heat exhaustion

Dizziness

Heavy Sweating

Nausea

Weakness

Muscle Cramps



Heat exhaustion can lead to a heat stroke if not treated.

Heat stroke

Confusion

Fever

Headache

Vomiting

Becoming Unresponsive

Seizures



Act Fast! Save a life

Stop and cool down

Stop activity and rest in a cooler place. Move into the shade if outdoors or into an air-conditioned space if possible.

Sip half glass of water or low sugar sports drink every 15 minutes to rehydrate.

To cool down, loosen or remove tight clothing, including shoes and socks, and apply cold, wet cloths to your forehead or neck, or spray yourself with water.

Gently stretch cramped muscles and hold the stretch for about 20 seconds, then gently massage the muscle.

Call 911 immediately if the person refuses water, vomits, or loses consciousness.

Call 911

Heat stroke is a medical emergency, call 911 immediately.

Move the person to a cool area, ideally with air conditioning or shade and grass. Be aware that the ground and objects in the sun can burn skin.

Cool the person quickly with water and fanning wrists, ankles, armpits, and neck to cool major blood vessels. Apply ice packs to these areas if available.

Do not force the person to drink water.

If possible, place the person on their side in the recovery position in case of vomiting.

Stay with the person until emergency services arrive.

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azhealth.gov/heat

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