



Heat Illness Tip Sheet

Tips for staying safe in the heat

When it's hot outside: Preventing heat illness

HYDRATE before, during and after physical activity: Drink 8-10 oz of water every 15-20 minutes.

- Wear loose fitting, light weight clothing, a hat and apply sun-screen before going outside.
- Monitor length of time outdoors, rest frequently and seek shade.

STAY in a cool environment: Avoid exercise or strenuous physical activity outside during periods of extreme weather.

- Staying in an air-conditioned building is the best way to prevent heat illness

STAY informed about weather-related health & safety updates.

This tip sheet is a component of the Heat and Older Adults Safety Toolkit (HOAST)
Please visit us [online](#)
or email extremeweather@azdhs.gov

Watch for common signs and symptoms of heat illness

HEAT CRAMPS: Muscle pains or spasms in arms, legs or abdomen.
Heavy sweating.

First Aid: Apply pressure on cramping muscles or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water intake.

HEAT EXHAUSTION: Heavy sweating, weakness, cool, clammy & pale skin, nausea, vomiting, headache, dizziness, possible muscle cramping.

First Aid: Lay down out of sun. Loosen clothing & apply cool, wet cloths. Move to air conditioned room. Give sips of water unless nausea occurs. If vomiting persists, seek medical attention.

HEAT STROKE: High body temperature (above 103 degrees), red, hot, dry skin (no sweating), throbbing headache, unconsciousness, confusion, nausea, rapid, strong pulse.

First Aid: Call 9-1-1 or get to hospital. Move to air conditioned environment. Mist using water, fans or sponging. If body temperatures rise again, repeat process. Do not give fluids. (CDC, 2011)