

# Signs and Symptoms of Heat Related Illnesses

**Sunburn:** Symptoms include redness, pain, swelling of skin, blisters, fever and headaches.

**Treatment:** Leave water blisters intact to speed healing and avoid infection. If breaking of blister occurs, apply sterile dressing. Serious cases should be seen by a physician.

**Heat Cramps:** Symptoms include heavy sweating; can cause painful muscle spasms, usually in the legs but possibly in the abdomen.

**Treatment:** Apply firm pressure on cramping muscles or gently massage to relieve spasm; gives sips of water. If nausea occurs, discontinue sips of water and move person to a cooler place to rest in a comfortable position. Observe carefully for changes in condition.

**Heat Exhaustion:** Symptoms include heavy sweating; weakness; cold, pale and clammy skin; weak pulse; fainting and vomiting.

**Treatment:** Move person out of the sun to a cooler environment. Lay person down and loosen clothing, apply cool wet cloths, and give sips of water. If nausea occurs, discontinue sips of water; if vomiting continues, seek immediate medical attention.