

Recognize and Treat Heat Illness

HEAT CRAMPS

Signs:

Brief muscle cramps or spasms

What to do:

Stop activity and hydrate

HEAT EXHAUSTION

Signs:

Weakness, dizziness, heavy sweating, nausea or vomiting, fainting, cold and clammy skin

What to do:

- Move to a cool place, remove excess clothing
- Cool with fans, wet cloths, or ice packs
- Monitor heart rate and body temperature, elevate legs above head, hydrate
- Seek medical attention if symptoms continue

HEAT STROKE

Signs:

High body temperature 103° F or higher, confusion, rapid pulse, unconsciousness, seizures, coma

What to do:

Call 911 and seek immediate care, move to cool place, remove excess clothing, cool with wet cloths or ice packs



For more information, contact
Multnomah County
Environmental Health Services

503-988-3400
or visit
www.multco.us/help-when-its-hot

Learn more about extreme heat at
www.cdc.gov/extremeheat

Exercise Safety on Hot Days



Guidance for coaches
and athletes