



Heat Cramps: Painful muscle spasms may occur, generally in the legs and/or abdomen. Treat with sips of fluids, focusing on electrolyte replacement. If nausea occurs, discontinue fluids. Gently massaging cramping muscles with firm pressure may relieve muscle spasms, but

Heat Exhaustion: Heavy sweating, weakness, skin is cold, pale, and clammy. Pulse is weak and shallow. Normal temperature is possible. Fainting and vomiting may occur. Get the victim out of the sun. Lay him or her down and loosen clothing. Apply cool, wet cloths.

Heat Stroke (or Sunstroke): High body temperature ($\geq 105^{\circ}$), extreme electrolyte and fluid loss, skin is generally hot/dry but can be cool/clammy and pulse is rapid and weak. Classic heat stroke includes a high body temperature ($\geq 105^{\circ}$) and an altered level of consciousness caused by an extreme loss of electrolytes and body fluids.

See Warning Box 

Warning: Heat stroke is a severe medical emergency.

Summon Emergency Medical Assistance Or Get The Victim To A Hospital Immediately.

Delay Can Be Fatal.

Do not give fluids.

Move victim to a cooler environment. Reduce body temperature with cold bath or sponging.

Use fans or air conditioning. If victim's