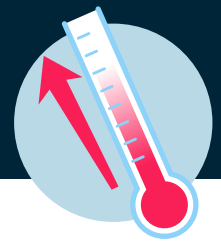
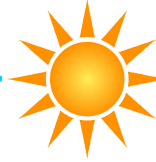


# Heat-Related Illness



## WHAT YOU NEED TO KNOW



### What is a heat-related illness?

Your body has ways to keep itself cool when the weather is hot or if you are exercising. When your body has difficulty keeping cool, you may develop heat cramps or something more serious such as heat exhaustion or heat stroke.

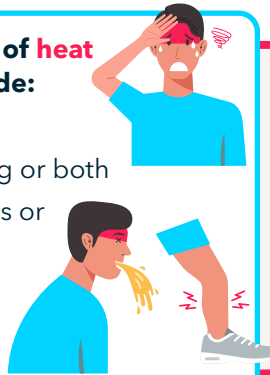
### WHAT ARE THE WARNING SIGNS?

Heat exhaustion can lead to heat stroke if not treated, and heat stroke is a **medical emergency**.



#### Some symptoms of **heat exhaustion** include:

- Headache
- Nausea, vomiting or both
- Muscle weakness or cramps
- Dizziness
- Sweating



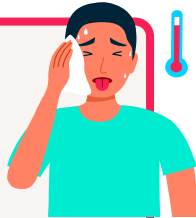
#### Some symptoms of **heat stroke** include:

- Red, hot, dry skin (usually in older individuals or those with chronic conditions)
- High core body temperature ( $>40^{\circ}\text{C}$ )
- Nausea
- Confusion
- Unconsciousness



### What are the risk factors for heat-related illness?

- Age: young children, elderly
- Some chronic diseases: alcohol-related disorders; obesity; heart, kidney, lung, psychiatric or thyroid disease
- Some medications: antidepressants, antihistamines, antipsychotics, diuretics, drugs for overactive bladder or Parkinson disease, recreational drugs
- Dehydration
- Activity in hot, humid conditions
- Lack of breaks during exercise
- Lack of air conditioning or ventilation



### How to prevent a heat-related illness:

- If possible, avoid strenuous outdoor activities when the sun is hottest (between 10 a.m. and 3 p.m.).
- Try to stay in the shade. If you have to be in the direct sun, wear loose-fitting, light-coloured clothing.
- Take several breaks during outdoor activity.
- Drink plenty of fluids before, during and after outdoor activity. Limit coffee, tea, cola and alcoholic beverages, as they can cause dehydration.



### If you do not feel well:

- Rest in the shade or in an air-conditioned building.
- Take off as much clothing as possible.
- Drink water or oral rehydration fluids (e.g., Gatorade).
- Wet/cool yourself with cold water or ice packs.
- Get medical attention or call 911 if you are not sweating or urinating (peeing), if you vomit, or if you start to feel confused.



### If you're at risk:

- Let family and friends know what symptoms to watch for. They can help if you develop symptoms and can call for help.
- Wear a MedicAlert identification bracelet or similar wearable communication.

