

Activity 1: Warning Signs and Symptoms of Heat-Related Illness

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none">• Heavy sweating during intense exercise• Muscle pain or spasms	<ul style="list-style-type: none">• Stop physical activity and move to a cool place• Drink water or a sports drink• Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none">• Cramps last longer than 1 hour• You're on a low-sodium diet• You have heart problems
SUNBURN	
<ul style="list-style-type: none">• Painful, red, and warm skin• Blisters on the skin	<ul style="list-style-type: none">• Stay out of the sun until your sunburn heals• Put cool cloths on sunburned areas or take a cool bath• Put moisturizing lotion on sunburned areas• Do not break blisters
HEAT RASH	
<ul style="list-style-type: none">• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	<ul style="list-style-type: none">• Stay in a cool, dry place• Keep the rash dry• Use powder (like baby powder) to soothe the rash



Question 1: How many types of heat – related illnesses are mentioned in this infographic?

And what are they?

Question 2: What are the symptoms of heat stroke? Tick your choices

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea

Question 3: What should you do when you discover someone gets heat stroke? Tick your choices

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink
- Stay out of the victim.

Question 4: What are the symptoms of heat exhaustion? Tick your choices

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

Question 5: What should you do when you discover someone gets heat exhaustion? Tick your choices

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Question 6: What are the symptoms of heat cramps? Tick your choices

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Dizziness
- Nausea

Question 7: What should you do when you discover someone gets heat cramps? Tick your choices

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Question 8: What should you do if the heat cramps last longer than 1 hour and the victim has heart problems? Choose the best option

- Leave the victim alone
- stay away from the victim
- get medical help right away
- move the person to a cooler place

Question 9: What are the symptoms of sunburn? Tick your choices

- Dizziness
- Painful, red, and warm skin
- Nausea
- Blisters on the skin

Question 10: What should you do when you get sunburn? Tick your choices

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

Question 11: What are the symptoms of heat rash? Tick your choices

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

Question 12: What should you do when you get heat rash? Tick your choices

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash