

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	
• High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out)	• 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	
• Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out)	• Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water Get medical help right away if: • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
• Heavy sweating during intense exercise • Muscle pain or spasms	• 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 Get medical help right away if: • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
• Painful, red, and warm skin • Blisters on the skin	• 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	
• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	• 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