



Heat-Related Illness



STAY COOL * STAY HYDRATED * STAY INFORMED

STAY COOL

- Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.
- Stay Cool Indoors: Stay in an air-conditioned place as much as possible.
- Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated.
- Avoid Hot and Heavy Meals: They add heat to your body!
- Do Not Leave Children in Cars: Cars can quickly heat up to dangerous temperatures, even with a window cracked open.
- Take Frequent Breaks: If you must work outdoors.
- Pace Yourself: Cut down on exercise during the heat. Start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity.
- Get to a cool area and rest.



STAY HYDRATED

- Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
- Keep Your Pets Hydrated: Provide plenty of fresh water for your pets, and leave the water in a shady area.
- Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. Stay away from very sugary or alcoholic drinks.



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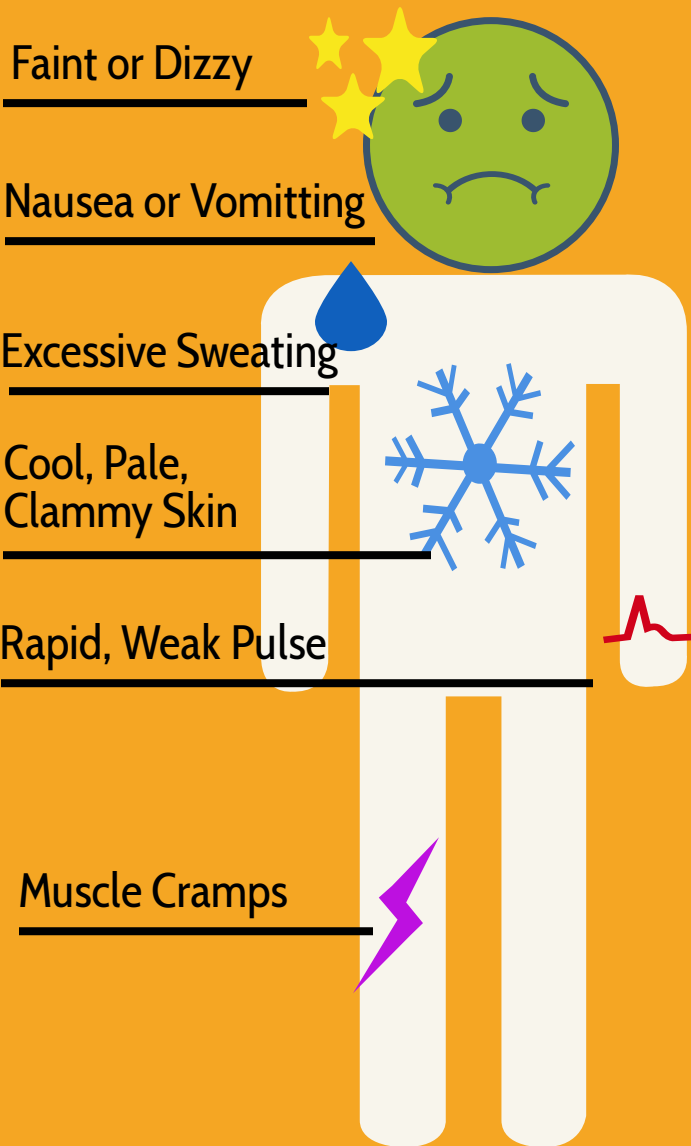
Signs and Symptoms of Heat-Related Illness



HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity until cramps go away
- Drink water

HEAT EXHAUSTION



Faint or Dizzy

Nausea or Vomiting

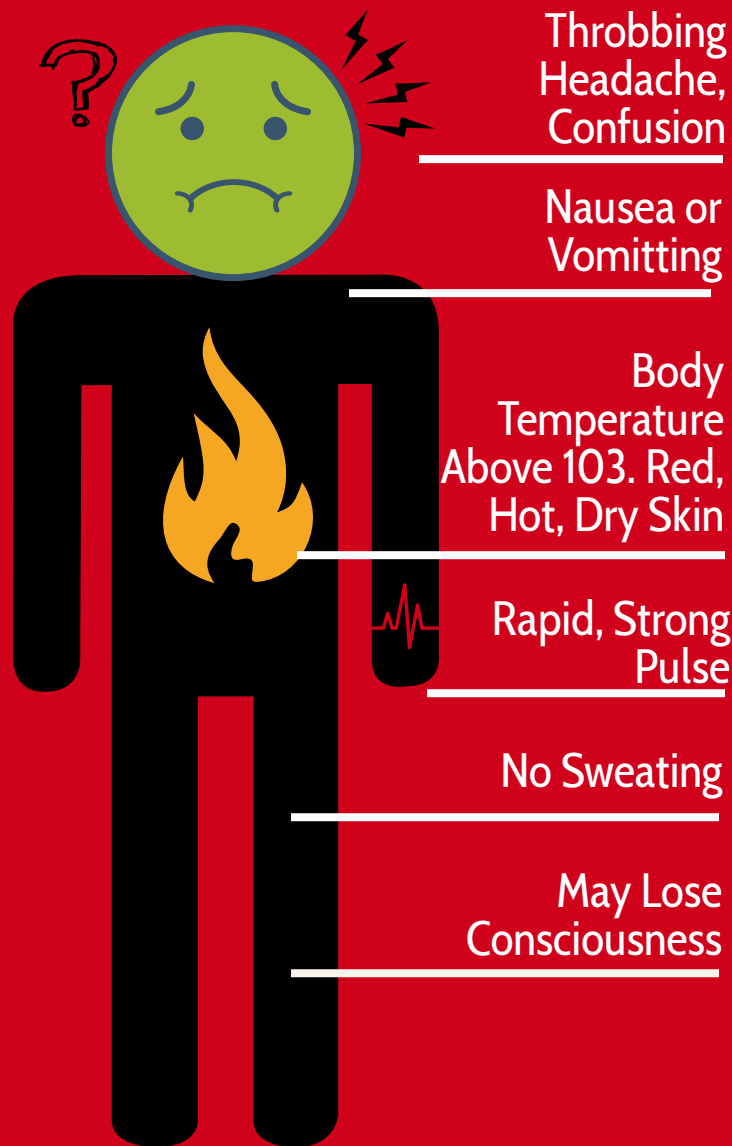
Excessive Sweating

Cool, Pale, Clammy Skin

Rapid, Weak Pulse

Muscle Cramps

HEAT STROKE



Throbbing Headache, Confusion

Nausea or Vomiting

Body Temperature Above 103. Red, Hot, Dry Skin

Rapid, Strong Pulse

No Sweating

May Lose Consciousness

- Move to a cooler place
- Drink water if fully conscious
- Take a cool shower or use cold compress

- CALL 9-1-1
- Move person to cooler place
- Cool using cool clothes or bath
- Do not give anything to drink