Heat Illness

Heat exhaustion happens when the body loses too much water through sweating. This can lead to heat stroke. Heat stroke is a medical emergency. People who work in hot environments, athletes, and older people are at greater risk for suffering from heat illness.

SYMPTOMS

Symptoms of heat illness are:

- Exhaustion.
- Dizziness.
- Fainting.
- Muscle cramps.
- Nausea.
- Vomiting.
- Chills and goose bumps.

PREVENTION

- You must drink increased amounts of water or other clear liquids during hot weather to prevent heat illness.
  - This is especially true if you work or do vigorous exercise in the heat. Up to a gallon of sweat can be lost every hour extremely hot or humid conditions.
- You will stay cooler by reducing your effort and by dousing yourself with water often.
- Certain drugs increase the risk of heat illness because they reduce sweating. These include antidepressants and antihistamines.
- Be more cautious during hot weather.
- Drink several glasses of water before, during, and after vigorous activity.

SEEK MEDICAL CARE IF:

- You have any heat-related problems.

Document Released: 01/25/2006 Document Re-Released: 09/26/2009
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