



Heat illness

**Know the signs.
Be prepared.**

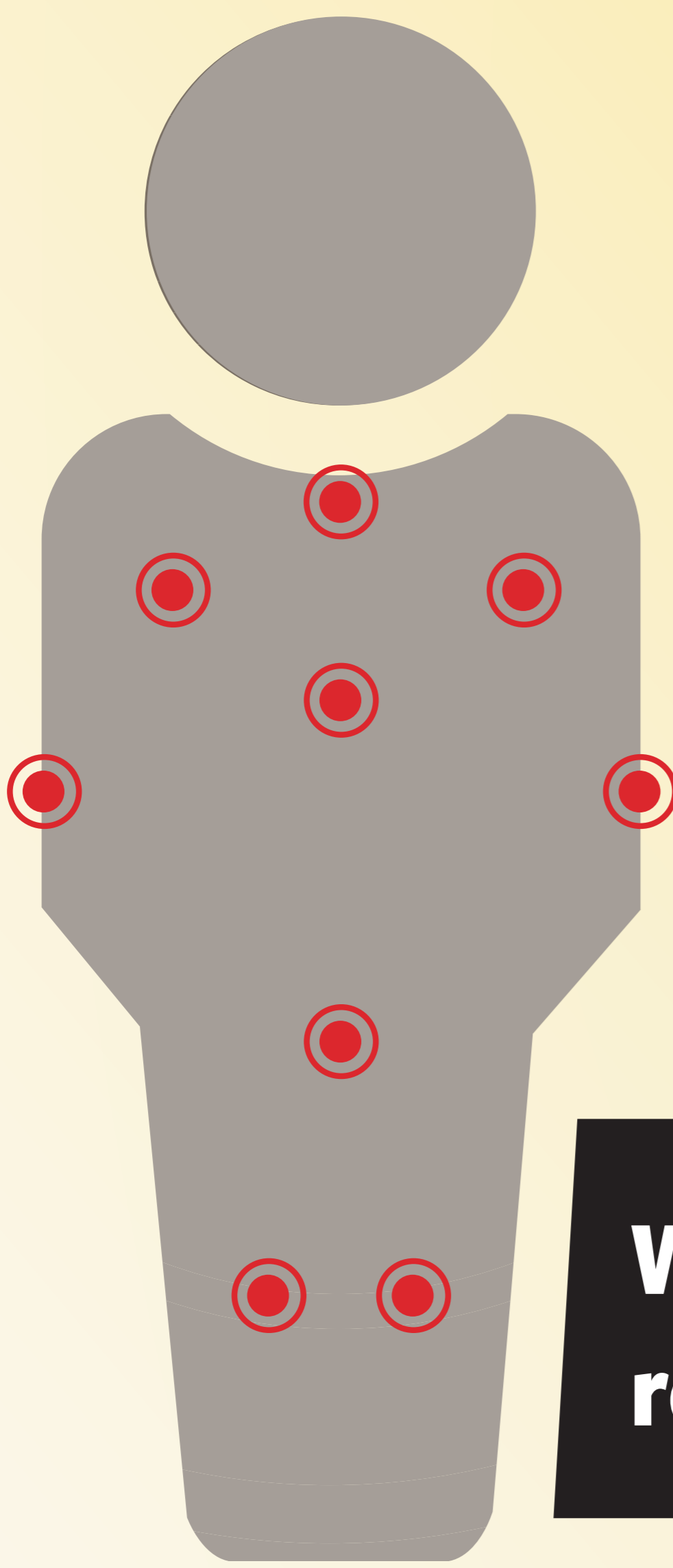
Heat cramps

- Earliest sign of heat illness
- Painful muscle spasms
- Typically occurs on the abdomen, back, and arms
- Heavy sweating

Hydration is the best combatant for any heat illness.



Heat rash



- Skin irritation with red rash caused by heavy sweating
- Typically occurs where sweat collects on the neck, groin, armpits, chest, and inside elbows and knees
- Most common in babies and children

**Wear light absorbant fabric;
replace damp clothing.**

Heat stroke

- Most severe form of heat illness
- Skin is red, hot, and lacking sweat
- Rapid and weak pulse
- Extreme confusion or irritability
- May result in shock, loss of consciousness, brain damage, or death

Call 911

if heat stroke is suspected