

Mobile Pantry Heat Illness Training

Be Prepared

- Learn emergency skills such as First Aid and CPR
- Stay hydrated with beverages and snacks to maintain salt and minerals lost in sweat
- Avoid sugary, caffeinated and alcoholic beverages

Who Is at Greater Risk

- Older adults
- Infants, children and those who are pregnant
- People with medical conditions

Heat Exhaustion

What It Is

The body's response to an excessive loss of water and salt through excessive sweating.

What to Look For

- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness, headaches and passing out

What to Do

- Move to a cool place
- Loosen tight clothing
- Cool the body with wet cloths, misting or fanning
- Slowly sip water

Heat Cramps

What It Is

Muscle spasms are caused by intense activity and sweating in high heat.

What to Look For

- Heavy sweating with muscle pain or spasms

What to Do

- Move to a cool place
- Drink water or electrolyte drink

Heat Stroke

What It Is

The result of the body no longer being able to control its temperature.

What to Look For

- High body temperature (104°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache and dizziness
- Nausea, confusion and passing out

What to Do

- CALL 911 RIGHT AWAY
- Move to a cool place
- Cool the body using wet cloths, misting or fanning
- Do NOT give the person anything to drink