

## Heat Related Illness

### What Causes Heat-Related Illness?

- Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

### Symptoms of Heat-related Illness

- Confusion or altered mental status
- Slurred speech
- Loss of consciousness (coma)
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- Decreased urine output

### First Aid

- Call 911 for emergency medical care and stay with the person until emergency medical services arrive
- Move to a shaded, cool area and remove outer clothing including shoes and socks
- Circulate the air around to speed cooling
- Frequent sips of cool water
- Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water

Source:

<https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>

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