

For heat related illness symptoms and home treatment go to web site

http://my.webmd.com/hw/heart_disease/hw247545.asp?lastselectedguid={5FE84E90-BC77-4056-A91C-9531713CA348}

Heat exhaustion

Heat exhaustion usually occurs when a person sweats a lot and does not drink enough liquids to replace those lost fluids. The symptoms of heat exhaustion include:

- Sweating a lot.
- Feeling faint, lightheaded, dizzy, or weak. This may be worse when changing position from lying to sitting or standing.
- Nausea and vomiting.
- Pale, cool, and moist skin.
- Fatigue.
- Headache.
- Blurred vision.
- Fast heart rate.
- Fast breathing (hyperventilation).
- Heat cramps or muscle aches.
- Occasionally, fainting.

Heat exhaustion can be caused by loss of fluid (dehydration) or electrolytes.

Home treatment for mild heat exhaustion

When recognized in the early stages, most heat-related illnesses, such as mild heat exhaustion, can be treated with general home treatment measures.

- Stop your activity and rest.
- Get out of direct sunlight and lie down in a cooler environment, such as shade or an air-conditioned area. Elevate your feet. Remove all unnecessary clothing.
- Cool down by applying cool compresses or having a fan blow on you. Place ice bags under your arms and in your groin area, where large blood vessels lie close to the skin surface, to cool down quickly.
- Drink water, juices, or sports drinks to replace fluids and minerals. Drink 2 qt (1.89 L) of cool liquids over 2 to 4 hours. You are drinking enough fluids if your urine is normal in color and amount, and you are urinating every 2 to 4 hours.
- Rest for 24 hours and continue fluid replacement with a rehydration drink. Rest from any strenuous physical activity. Total rehydration with oral fluids usually takes about 36 hours, but most people began to feel better within a few hours.

Heat exhaustion and heatstroke

Heat exhaustion occurs when a person cannot sweat enough to cool the body. It generally develops when a person is working or exercising in hot weather. Symptoms of heat exhaustion include fatigue, weakness, headache, dizziness, or nausea, and skin that is cool, moist, pale, or flushed. Mild cases of heat exhaustion can be treated at home.

Heat exhaustion can sometimes lead to heatstroke, which requires emergency treatment. Heatstroke occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105 °F (40.56 °C) or higher. A person with heatstroke may stop sweating. Symptoms of heatstroke include confusion, delirium, or unconsciousness, and skin that is red, hot, and dry, even under the armpits. **Heatstroke is a life-threatening medical emergency.**

Classic heatstroke can develop without exertion when a person is exposed to a hot environment and the body is unable to cool itself effectively. In this type of heatstroke, the body's ability to sweat and transfer the heat to the environment is reduced. Classic heatstroke may develop over several days. Babies and older adults are most at risk. People with chronic health problems are also at risk.

Exertional heatstroke may develop when a person is working or exercising in a hot environment. A person with heatstroke from exertion may sweat profusely, but the body still produces more heat than it can lose. This causes the body's temperature to rise to high levels.

Both types of heatstroke cause severe dehydration and can cause body organs to stop functioning. Emergency medical treatment is needed to prevent death.

Home Treatment Emergency first aid

Emergency first aid for heatstroke is needed immediately because this condition is life-threatening. After calling 911 or other emergency medical services, follow these first aid steps:

- Move the person into a cool place, out of direct sunlight.
- Remove unnecessary clothing and place the person on his or her side to expose as much skin surface to the air as possible.
- Cool the person's entire body by sponging or spraying cool (not cold) water and fan the person to lower the person's body temperature. Watch for signs of rapidly progressing heatstroke.
- Apply ice packs to the groin, neck, and armpits, where large blood vessels lie close to the skin surface. **Do not** immerse the person in an ice bath.
- Check the rectal temperature frequently, and try to cool it to 102.3 °F (39.06 °C) or lower as soon as possible. The longer the body is at a high temperature, the more serious the illness and the more possible complications. Temperatures taken by mouth or in the ear are not accurate in this emergency situation.
- If breathing stops, start rescue breathing.
- **Do not give aspirin or acetaminophen** to reduce a high body temperature that can occur with heatstroke. These medications may cause problems because of the body's response to heatstroke.
- If the person is awake and alert enough to swallow, give the person fluids [32 fl oz (1 L) to 64 fl oz (1.9 L) over 1 to 2 hours] for hydration. Most people with heatstroke have an altered mental status and cannot safely be given fluids to drink.