

HEAT ILLNESS

---Never Leave Person Alone!---

SIGNS/SYMPTOMS		MANAGEMENT
Heat cramps	Muscle pain, tightness, spasms Thirsty	<ul style="list-style-type: none"> - Take a break from activity - Drink water/Gatorade - Massage and stretch the area
Heat Exhaustion (Serious)	Headache Faint, dizzy Excessive sweating Cool, pale, clammy skin Nausea, vomiting Rapid, weak pulse Muscle cramps	<ul style="list-style-type: none"> - Stop activity - Get out of direct sunlight (into air-conditioning if possible) - Slowly drink water/Gatorade - Remove excess clothing/equipment - Take a cool shower or apply ice packs, or cool wet towels to body <ul style="list-style-type: none"> o Neck, armpits, groin, back of knees, hands, trunk <p>*If no improvement in 15-30 minutes take to Emergency Department or call 911</p>
Heat Stroke (Emergency)	Throbbing headache No more sweating Hot, dry, red flushed skin Nausea or vomiting Rapid pulse Irritability or disorientation Loss of consciousness	<p>Call 911 immediately!!!</p> <ul style="list-style-type: none"> - Cool First and transport second - Get out of direct sunlight - Remove excess clothing - Immerse body in ice water if possible or cool down with garden hose

COLD ILLNESS

---Never Leave Person Alone!---

SIGNS/SYMPTOMS		MANAGEMENT
Hypothermia	<p>Mild Vigorous shivering, Lethargy, Fine motor skill impairment</p> <p>Severe Shivering has stopped, Very cold skin, Impaired mental function, Slurred speech, Gross motor skill impairment, unconsciousness</p>	<ul style="list-style-type: none"> - Remove wet or damp clothing - Insulate body and head with warm, dry clothing or blankets - Move to warm shelter, out of rain/wind - Apply heat to trunk, armpits, groin, chest - Provide warm fluids/foods - Do Not friction massage if frostbite present <p>*Call 911 if severe</p>
Frostbite	<p>Mild (Frostnip) Swelling and stiffness Redness or mottled gray skin Momentary tingling/burning</p> <p>Deep Edema, Tissue feels hard, Blisters, Numbness, mottled gray skin</p>	<ul style="list-style-type: none"> - Rewarm slowly - Blow warm air onto area - Can immerse in warm water - Do Not friction massage area - Only rewarm tissue if there is no chance of re-freezing - Frostbite requires physician evaluation <p>*Call 911 if Deep frostbite occurs</p>