Heat Cramps
Heat cramps are often the first signal of a heat-related emergency. Heat cramps are painful muscle spasms. They usually occur in the legs and abdomen. Heat cramps are the least severe of the heat-related illnesses. To care for heat cramps, have the victim rest in a cool place. Give cool water to drink. Lightly stretch and gently massage the muscles.

Heat Exhaustion Signals
Heat exhaustion signals include cool, moist, pale, or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.

Heat Stroke Signals
(Most severe heat emergency)
Heat stroke signals include red, hot, dry skin; changes in consciousness; rapid weak pulse; and rapid, shallow breathing.

Caring for Heat-Related Illnesses
• Get the victim out of the heat.
• Loosen tight clothing.
• Remove perspiration-soaked clothing.
• Apply cool, wet cloths to the skin.
• If the victim is conscious, give cool water to drink.
• Call for an ambulance if the victim refuses water, vomits, or starts to lose consciousness.

What can I do to prevent heat stroke and related conditions?
Preventing heat stroke and related conditions is always the best advice. Remember these tips and you will be able to enjoy the warm summer or at least tolerate it without life-threatening problems.

• Wear loose-fitting, lightweight, light-colored clothing
• Limit vigorous activity during hot, humid weather
• If you have to exercise in the heat, start with brief workouts and increase them gradually over two weeks or more. Try to schedule your vigorous exercise during cooler morning or evening hours.
• Drink plenty of water before, during, and after exercise. Drink more than you need to satisfy your thirst. Also, remember drinks such as soda and coffee have caffeine and can actually rob your body of fluids so drink these sparingly.
• Avoid alcohol before, during, and immediately after you exercise. Alcohol causes you to lose more fluid than you consume.
• Talk with your doctor about any medications you are taking, prescription and over-the-counter, and how they may interfere with you body's ability to regulate temperature. Some of these include gastrointestinal drugs containing atropine (Donnatal); antidepressants or antipsychotics (Thorazine, Haldol, Prozac); antihistamines (Benadryl); certain cardiovascular medications including beta-blockers (Blocadren) and diuretics (Diuril); and Parkinson’s disease medications. If you use any of these medications, be especially careful to limit your exertion and drink plenty of water during hot, humid weather.