



Beautify PA SAFELY

Heat Exhaustion and Heat Stroke

Disclaimer: This handout provides a general overview of a selected first aid topic. Consult your doctor for personal medical advice, diagnoses, and treatment.

Heat Exhaustion:

1. Move to shady/air-conditioned area
2. Lay person down and slightly elevate legs and feet
3. Loosen all tight clothing
4. Have person drink cool water
5. Cool person with water and fanning
6. If conditions do not improve or if they worsen, seek medical attention

Symptoms:

- Light-headed and dizzy
- Nauseous
- Heavy sweating
- Pale appearance
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist skin
- Low fever

Heat Stroke:

1. Seek medical attention immediately
2. Move person to shady/air-conditioned area
3. Loosen all tight clothing
4. Cool person with water and fanning

Symptoms:

- Skin hot and dry
- Fever
- Frequent vomiting
- Confused
- Irritable
- Fainting or unconscious
- Seizures or coma
- Rapid heartbeat
- Rapid and shallow breathing