

heat exhaustion

The average body temperature is approximately 98.6°F. When the body undergoes strenuous exercise, or overexertion in hot, humid weather, it isn't able to efficiently cool itself to retain a normal temperature. Dehydration, alcohol use, and overdressing also prevent the body from cooling itself correctly.

SYMPTOMS:

STAGE 1: Heat Cramps

- + HEAVY SWEATING
- + FATIGUE
- + THIRST
- + MUSCLE CRAMPS

STAGE 2: Heavy Exhaustion

- + HEAVY SWEATING
- + FAINTNESS
- + NAUSEA
- + LOW FEVER
- + HEADACHE
- + DARK URINE

TREATMENT:

If Heat Cramps leads to Heat Exhaustion:

- + REST IN A COOLER LOCATION
- + DRINK COOL FLUIDS
- + APPLY COOL WATER TO THE SKIN
- + REST WITH LEGS ELEVATED ABOVE HEART LEVEL

Visit MedExpress if signs or symptoms do not improve within 30 minutes, or if the body temperature reaches 104°F or higher. Untreated Heat Exhaustion can progress to Heatstroke, a life-threatening condition that requires immediate medical attention to prevent permanent damage to the brain and other organs. If Heatstroke is suspected, call 911 immediately.