

Heat Exhaustion

When undergoing strenuous exercise or overexertion in hot, humid weather, your body isn't able to effectively keep cool and maintain a normal temperature. This is when heat cramps and heat exhaustion can creep up on you.

+ SYMPTOMS

STAGE 1 - Heat Cramps

- heavy sweating
- fatigue
- thirst
- muscle cramps

STAGE 2 - Heat Exhaustion

- heavy sweating
- faintness
- weak, rapid pulse
- low fever
- low blood pressure
- headache & nausea

+ TREATMENT

If heat cramps leads to heat exhaustion, take a break, move to a cooler spot and get hydrated. If your temperature reaches 104°F, seek medical attention.

+ PREVENTION

Steps you can take to keep your body cool include:

- keep hydrated
- seek a cooler spot
- wear light-weight, light-colored clothing
- take breaks during strenuous activities
- avoid sunburn



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This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

