

Heat Exhaustion

What is it?

The body's response to an excessive loss of water and salt, usually through excessive sweating.

Symptoms:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea or vomiting
- Headache
- Extreme thirst
- Mild confusion
- Decreased urine output

Plan of Action:

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition.

If you suspect heat exhaustion, take these steps immediately:

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person sip chilled water, a decaffeinated sports drink containing electrolytes or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.

Contact a health care provider if signs or symptoms worsen or if the person doesn't improve after taking first-aid measures.

Call 911 or your local emergency number if the person's condition gets worse, especially if he or she experiences:

- Fainting
- Agitation
- Confusion
- Seizures
- Inability to drink
- Core body temperature — measured by rectal thermometer — of 104 F (40 C) (heatstroke)

Revision #1

Created 6 March 2023 19:12:04

Updated 7 April 2023 15:19:15