









# HEAT-RELATED ILLNESSES



## Heat Exhaustion

Heat exhaustion occurs when the body overheats, but it can cool itself down. It does not usually need emergency medical attention if it cools down within 30 minutes.

### Look for

-  tiredness, dizziness and/or weakness
-  headache
-  muscle cramps
-  feeling/being sick
-  heavy sweating
-  intense thirst
-  fast breathing
-  high temperature

### Action

- move to a cooler place in the shade
- remove all unnecessary clothing
- drink a cool drink (not alcohol)
- cool skin – spray or sponge with cool water
- stay with them

Anyone affected should start to cool down and feel better within **30 minutes**.

**If you are concerned about symptoms, or they are worsening, contact NHS 111.**



FIND COOL PLACE



DRINK WATER



COOL SKIN



DIAL 111










## Heatstroke



Heatstroke occurs when the body is no longer able to cool itself down and its temperature becomes dangerously high.



### Look for

-  still unwell after 30 minutes of resting
-  loss of consciousness
-  very high temperature
-  confusion
-  lack of co-ordination
-  fast heartbeat
-  fast breathing or shortness of breath
-  hot skin that is not sweating
-  seizures

### Action

**Heatstroke is a medical emergency.**

- dial 999 and then try to cool them down
- move to a cool place
- remove all unnecessary clothing
- cool skin – spray or sponge with cool water
- put them in the recovery position if they lose consciousness while waiting for help
- stay with them



DIAL 999



FIND COOL PLACE



COOL SKIN



RECOVERY POSITION



**In an emergency, or if you think someone has heatstroke, dial 999.**