

# Know the Signs of Heatstroke & Heat-Related Illness

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When the weather is warmer—and all year-round—it is important to know the signs and symptoms of heatstroke and heat-related illness, as well as what to do if you notice someone experiencing either.

## Heat Exhaustion

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



## Heatstroke

- Headaches
- High body temperature (104 F or higher)
- Altered mental state or behavior
- Alteration in sweating
- Nausea and vomiting
- Flushed skin
- Rapid breathing
- Racing heart rate

### Ways to cool someone down:

- Move to a cool place
- Lie them down and raise their feet slightly
- Get them to drink water and/or sports drinks
- Cool their skin by spraying or sponging them with cool water

### When to call 911:

- Feeling unwell after 30 minutes of resting in a cool place
- Not sweating even while feeling too hot
- A high temperature of 104 F or above
- Fast breathing or shortness of breath
- Feeling confused
- Seizure
- Loss of consciousness
- Not responsive

### Precautions to take to avoid heat-related illness, according to Los Angeles County Public Health:

- Drink plenty of water and keep hydrated throughout the day.
- If you must go out, plan your day to avoid going out during the hottest hours, and wear sunscreen. Wear lightweight, light-colored clothes, and wear a hat or use an umbrella.
- Cars get very hot. Never leave children or pets in cars, and call 911 if you see a child or pet in a car alone.
- Beware of heat-related illness, like heatstroke and call 911 if you see these symptoms: high body temperature, vomiting, and pale and clammy skin.
- Check on those at risk, like those who are sick, older adults, pregnant women, children and those who live alone.
- Visit your power company's website or contact them by phone to determine if you are scheduled for a rolling power outage.