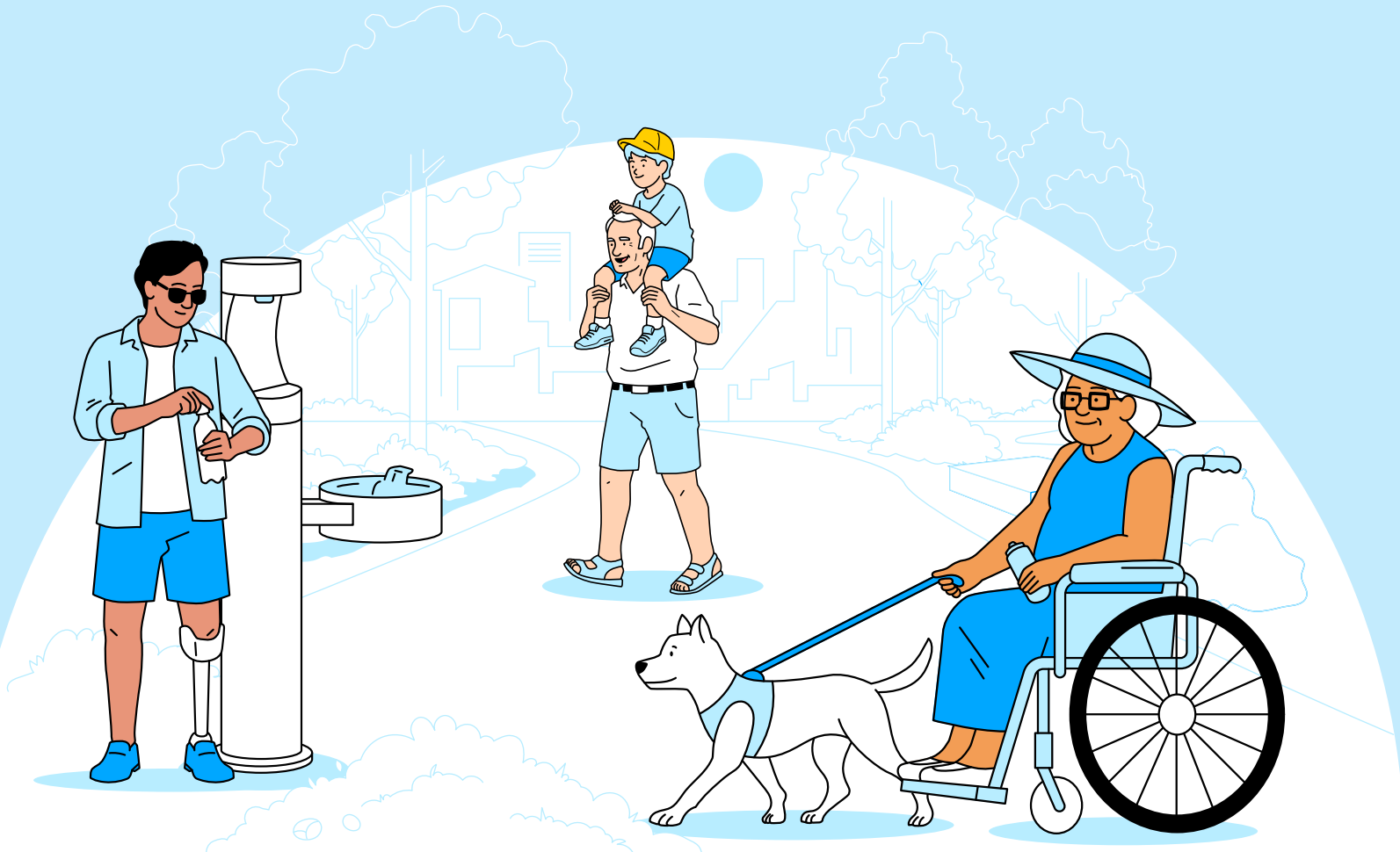


# Prevent and treat heat-related illness



## Know the signs and beat the heat!

Extreme heat causes the body to lose fluids quickly through sweating. This can lead to **dehydration** and **serious heat-related illness**. People most at risk include older adults, children, pregnant people, people experiencing homelessness, outdoor workers, and people with chronic health conditions.

## Heat cramps

### Look for:

- Lots of sweating
- Muscle cramps (often in the stomach, arms, or legs)

### Actions to take:

- Provide water, clear juice, or a sports drink
- Encourage individuals to stop exerting themselves physically and move to a cool place
- Have them wait for the cramps to go away before doing any more physical activity

### Seek medical attention if:

- The person's symptoms are getting worse
- Cramps last longer than 1 hour
- The person is on a low sodium diet, has heart problems, high blood pressure, or other medical conditions like asthma or diabetes.

## Heat exhaustion

### Look for symptoms above plus:

- Feeling tired or weak
- Fast or weak pulse
- Cold, pale, and clammy skin
- Nausea or vomiting
- Headache or dizziness
- Irritability

### Actions to take:

- Provide water and encourage them to drink more fluids
- Move them to a cool place
- Encourage them to lie down
- Loosen their clothes or change into lightweight clothing
- Apply cool wet towels or cloths on the person

### Seek medical attention if:

- The person is throwing up
- The person is getting worse
- Symptoms last longer than 1 hour
- The person has heart problems, high blood pressure, or other medical conditions like asthma or diabetes

## Heat stroke

### Look for symptoms above plus:

- High body temperature (higher than 103°F)
- Throbbing headache
- Seizures
- Altered mental state or confusion
- Unconsciousness (passing out)

### Actions to take:

- **CALL 911** – THIS IS A MEDICAL EMERGENCY
- **Cool Immediately:**
  - Apply cool wet towels or soak with cool water
  - Remove outer clothing

### → Keep them safe:

- If there is vomiting, turn the person on their side to keep the airway open
- If they are having a seizure, make the area safe by removing anything that may cause injury



Learn More at <https://www.mass.gov/extreme-heat>