Heat Stress Fact Sheet

**What:** Heat stress is an illness caused by heat

**Where:** Outdoors – in the sun
Indoors – Hot rooms

**When:** Temperatures - 90°F or higher
Humidity above 60%

**Who’s at risk:**
Persons with chronic problems: Heart or kidney failure, Diarrhea Infection or Fever, Drinking alcohol, Some Medications Reduced sweating, Overweight or underweight, Diabetes

**Mild & Moderate Warning Signs**
Mild:
- Decreased energy
- Slight loss of appetite, nausea
- Lightheadedness

Moderate:
- Heavy sweating, thirst, faintness, giddiness, headache, confusion

**Serious Signs**
- Throbbing headache
- Mental confusion
- Irritability, combativeness
- Rapid heartbeat, difficult in breathing
- Dry Skin (no sweating)
- Vomiting, diarrhea
- Muscle Cramps, staggering

**Treatment**
- Get person into cool place
- Give more fluids to drink
- Remove excess clothing
- Rest

**Treatment**
- Call 9-1-1
- This is a medical emergency

**How to Reduce your Risk**
- Drink plenty of water
- Wear light colored, lightweight, loose clothing (cotton/synthetic blends are best)
- Wear a wide-brimmed hat, or use an umbrella for shade
- Spend time in air-conditioned areas (senior center, mall)
- Take extra cool baths and showers, and sprinkle yourself with water
- Keep windows open
- Use insulated drapes; keep blinds/shades closed during daylight hours
- Use fan, but only when there is cool air blowing
- Don’t engage in vigorous activity in the heat of the day
- Don’t travel outside in the heat of the day
- Don’t wear dark, nylon clothing that is tight
- Don’t drink alcohol or beverages containing caffeine (coffee, tea, soda)
- Don’t eat hot, heavy foods
- Don’t increase salt or potassium intake or take salt tablets without doctor’s okay
- Don’t use a fan to blow extremely hot air on yourself