Symptoms, Treatment & Prevention of Hyperthermia

**Heat Fatigue** – Feel faint, weak pulse, cool, moist skin, lack of coordination, feeling of weakness

**Heat Exhaustion** - Thirsty, giddy, weak, uncoordinated, nauseated, sweating profusely, cold/clammy skin, appetite loss, weakness, muscle cramps, head ache, vomiting, confusion, disorientation, uncoordinated, dizziness, fainting, fatigue, pale or flushed skin, rapid heartbeat, postural hypotension

**Heat Stroke** - Confusion, combativeness, bizarre behavior, faintness, staggering, slow thread or strong and rapid pulse, and possible delirium or coma. High body temperature is capable of producing irreversible brain damage, absence of sweating, dry skin, may convulse, loss of consciousness, low blood pressure, seemingly intoxicated behavior, absence of sweating, dry flushed skin, may convulse, lethargy, stupor or coma.

**Treatment**: Hydration (water or fruit juice), shade or cool place, immersion in cool water, lie down in cool place, remove excess clothing. Bring body temperature down.

**Prevention**: AVOIDANCE! Dress appropriately, hydrate often, stay cool and pace activity. Recognize symptoms early and act!