

Heat Illness



Call 911!
Strip, soak and fan, ice

104° F

Heat Stroke



Organ failure

Medical referral
Fluids, strip, soak and fan

Heat Exhaustion

Severe dehydration



Medical referral
Elevate legs, wet clothes, and fan

Heat Syncope

Blood pooled in legs/feet



Monitor
Rest, sports drink

Heat Cramps

Low body salts

