

Heat Injuries – Symptoms, First Aid and Follow Up

	Heat Cramps	Heat Exhaustion	Heat Stroke
Symptoms	Painful muscle cramps, sweating	Heavy sweating, tired, pale, nausea, headache, rapid breathing	Red dry skin, confusion, seizure, high temp. (103° F orally), vomiting, unconsciousness
First Aid Care	Move away from heat and give sips of cool water. Cramps can be massaged with gentle pressure.	Move away from heat, give sips of cool water and remove clothing. Set child near a fan.	Remove from heat and begin cooling steps for heat exhaustion. Follow steps for Unconscious/Fainting if the child has passed out.
Doctor or 9-1-1	Doctor	Doctor or 9-1-1 if the child's condition does not improve	9-1-1



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