

## HEAT CRAMPS

Painful muscle spasms in the calves, arms, stomach muscles and back. **Treat: Ice the area, drink sports drink or juice.**

## HEAT EXHAUSTION

Sweating, nausea, dizziness, vomiting, muscle cramps, feeling faint and fatigue. **Treat: Call 911, lie down in a cool place, remove extra clothing, cool damp cloths, cool water spray, drink sports drink or juice**

## HEAT STROKE

**LIFE THREATENING:** Confusion, passing out, dizziness, seizures, nausea, vomiting, muscle cramps, faint, fatigue. **TREAT: Call 911, put person in cool water, spray with water, be prepared for CPR (get the AED).**

## DEHYDRATION

Dizziness, headache, confusion, weakness, nausea, vomiting, dark urine, inability to urinate. Caused by the heat, exercise, elevated blood sugar, drinking alcohol, taking drugs (legal and illegal), infection, diarrhea, vomiting. **TREAT: Fluids as sports drink, IV fluids, remove above causes.**