



Act Fast to Help Save a Life

Know the signs of heat illness.

Heat Cramps

- Heavy sweating
- Muscle pain
- Cramps

Take Action: Stop, rest in a cool place and drink a cup of water – or a sports drink – every 20 minutes. If you feel sick to your stomach, pause drinking. Get medical help if cramps last more than two hours or if you have heart problems.

Heat Exhaustion

- Heavy sweating
- Weakness
- Cool and clammy skin
- Muscle cramps
- Dizziness
- Fainting
- Nausea or vomiting

Take Action: Stop, rest in a cool place and drink a cup of water – or a sports drink – every 20 minutes. Loosen your clothes and place a cool, wet cloth on your body. Get medical help if you're vomiting, don't feel better in an hour or if you have heart or kidney problems.

Heat Stroke

- High body temperature
- Rapid heartbeat
- Confusion
- Headache
- Dizziness
- Fainting
- Nausea or vomiting

Take Action: Call 911 right away. Move them to a cooler place and remove extra clothing. Cool them with a wet cloth or a cool bath. If possible, have them sip a sports drink or water.



**American
Red Cross**



Learn more about staying
safe during extreme heat.

redcross.org/heatcheck