

How to Treat a Heat Emergency

HEAT CRAMPS:

- Get the person to a cool environment and begin cooling by removing excess clothing
- Drink cool fluids slowly
- Seek professional attention if unable to drink
- Do not administer salt tablets unless directed by a physician
- Do not massage the cramping muscles

Heat Exhaustion:

- Dial 9-1-1 for emergency medical care
- Get the person to a cool environment and begin cooling by removing excess clothing
- Place cold towels in areas close to major blood vessels (neck, armpits, groin)

HEAT STROKE: A LIFE-THREATENING SITUATION

- Call 9-1-1 or your local emergency number – help is needed fast!
- Move the person to a cooler place and begin cooling down by removing excess clothing
- If conscious, place victim flat on their back with legs elevated. Otherwise, place victim on their left side.
- Place cold towels in areas close to major blood vessels (neck, armpits, groin)