

# STAY PROTECTED FROM HEAT-RELATED ILLNESS

When your area is experiencing extreme heat, it is important to be able to recognize the signs of heat-related illness. There are three main types: heat cramps, heat exhaustion and heat stroke.

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

- For **heat cramps**, you want to look out for muscle pains or spasms in the stomach, arms or legs. If this happens, immediately find a cooler location and remove excess clothing.
- For **heat exhaustion**, you may experience heavy sweating, paleness, muscle cramps, weakness, dizziness or vomiting. You will want to go to an air-conditioned place and sip cool nonalcoholic beverages. Change into lightweight clothes or take a cool (not cold) bath.
- For **heat stroke**, you may experience a high internal body temperature (above 103 degrees Fahrenheit), rapid and strong pulse, red skin, dizziness or confusion. This is considered a medical emergency, so call 9-1-1 or seek medical attention as soon as possible. While waiting, attempt to cool your body by moving to a shady area or indoors. Do not give anyone with suspected heat stroke any liquids.

*If you experience any of the symptoms of heat-related illness, you should also take sips of a cool sports drink, which helps you replenish vitamins lost when sweating.*

## Tools to help you stay safe

The Centers for Disease Control and Prevention (CDC), in partnership with the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service (NWS), launched a new Heat and Health Initiative to protect Americans from heat exposure. The initiative has three resources, which combined give proactive actions people can take to protect themselves: stay cool; stay hydrated; know the symptoms.

The HeatRisk Forecast Tool ([www.wpc.ncep.noaa.gov/heatrisk/](http://www.wpc.ncep.noaa.gov/heatrisk/)), developed by both CDC and NOAA, provides a seven-day heat forecast nationwide that tells you when temperatures may reach levels that could harm your health. The CDC's HeatRisk Dashboard ([ephtracking.cdc.gov/Applications/HeatRisk/](http://ephtracking.cdc.gov/Applications/HeatRisk/)), integrates the HeatRisk Forecast Tool data with information including details on local air quality to inform the public on how best to protect themselves when outdoor temperatures are high and could impact their health.

**For more information on extreme heat, visit  
[www.cdc.gov/disasters/extremeheat/heat\\_guide.html](http://www.cdc.gov/disasters/extremeheat/heat_guide.html)**



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