

Heat-Related Illnesses

Heat Stroke

What to look for:

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Fainting (passing out)

What to do:

- **Call 911**
- Move the person to a cooler place.
- Help lower the person's temperature with cool cloths or a cool bath.
- Do not give the person anything to drink.

Heat Exhaustion

What to look for:

- Heavy sweating
- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Weakness
- Dizziness
- Headache
- Fainting (passing out)

What to do:

- Move to a cool place.
- Loosen your clothes.
- Sip water.
- Put cool, wet cloths on your body or take a cool bath.

Get medical help right away if:

- You are throwing up.
- Your symptoms get worse.
- Your symptoms last longer than 1 hour.

Heat Cramps

What to look for:

- Heavy sweating during intense exercise
- Muscle pain or spasms

What to do:

- Stop physical activity and move to a cool place.
- Drink water or a sports drink.
- Wait for cramps to go away before you do any more physical activity.

Get medical help right away if:

- Cramps last longer than 1 hour.
- You're on a low-sodium diet.
- You have heart problems.

Sunburn

What to look for:

- Painful, red and warm skin
- Blisters on the skin

What to do:

- Stay out of the sun until your sunburn heals.
- Put cool cloths on sunburned areas or take a cool bath.
- Put moisturizing lotion on sunburned areas.
- Do not break blisters.

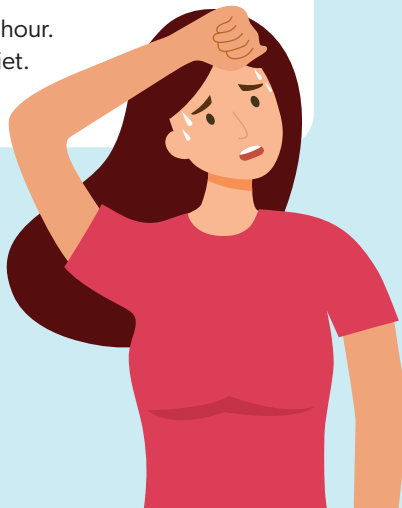
Heat Rash

What to look for:

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin or in elbow creases)

What to do:

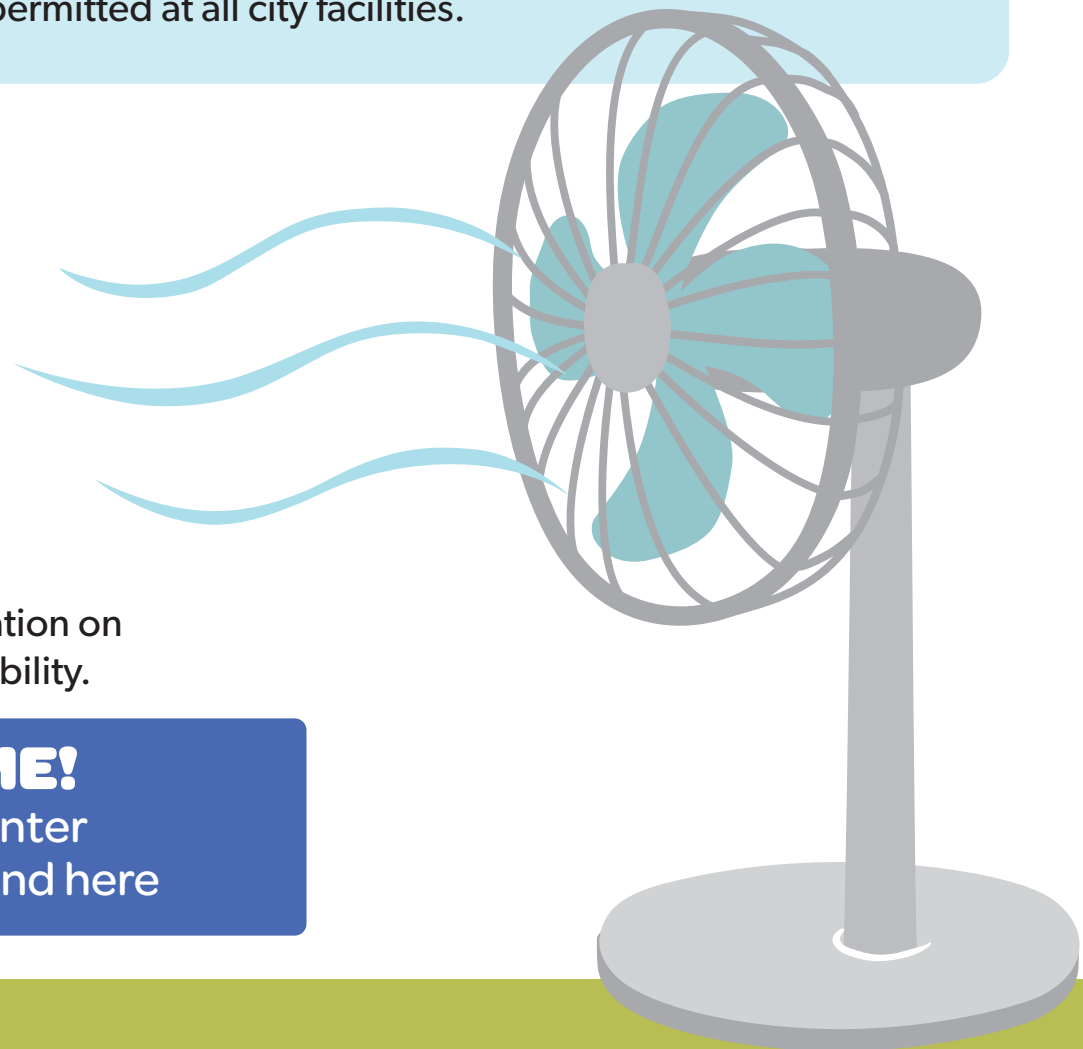
- Stay in a cool dry place.
- Keep the rash dry.
- Use powder (like baby powder) to soothe the rash.



Cooling Centers Available

Resources

- CapMetro is providing **no cost** transportation to cooling centers — tell the bus driver you are going to a cooling center.
- The Austin Resource Center for the Homeless (ARCH) is available as a cooling center.
- City of Austin libraries and recreation centers and Travis County community centers are available as cooling centers during normal operating hours.
- Water fountains and/or water coolers are available at each cooling center.
- Service animals are permitted at all city facilities.



Call 3-1-1 for more information on cooling centers and availability.



SCAN ME!
Cooling center
details found here