

# Signs and Symptoms of Different Heat Illnesses

There are many types of heat illnesses. Each heat illness has a different cause, signs, and symptoms. Below are the causes, signs, and symptoms of different heat illnesses in order from least to most severe.

## Transient Heat Fatigue

### Cause

Transient heat fatigue is caused by a decline in task performance, coordination, alertness, and vigilance to varying degrees. Workers who are unaccustomed to the heat are vulnerable to this.

### Signs and Symptoms

The signs and symptoms of transient heat fatigue are:

- A temporary state of discomfort
- Mental or psychological strain arising from prolonged heat exposure

## Heat Rash

### Cause

The cause of heat rash are sweat ducts becoming blocked and inflamed in high humidity or heat. Then, a skin rash will appear soon after.

### Signs and Symptoms

The signs and symptoms of heat rash are:

- Small, itchy, and red bumps on your skin
- You may also feel a prickly, stinging, or burning sensation if you touch the rash.

## Heat Cramps

### Cause

Heat cramps are caused by an excessive loss of water and salt through sweat.

### Signs and Symptoms

The signs and symptoms of heat cramps are:

- Painful muscle cramps
- Spasms in the legs, arms, and abdomen
- Heavy sweating

## Heat Exhaustion

### Cause

Heat exhaustion is the result of dehydration and prolonged over-exertion.

### Signs and Symptoms

The signs and symptoms of heat exhaustion are:

- Fatigue
- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

## Heat Stroke

### Cause

Heat stroke is the total breakdown of the body's cooling system. This illness can be fatal.

### Signs and Symptoms

The signs and symptoms of heat stroke are:

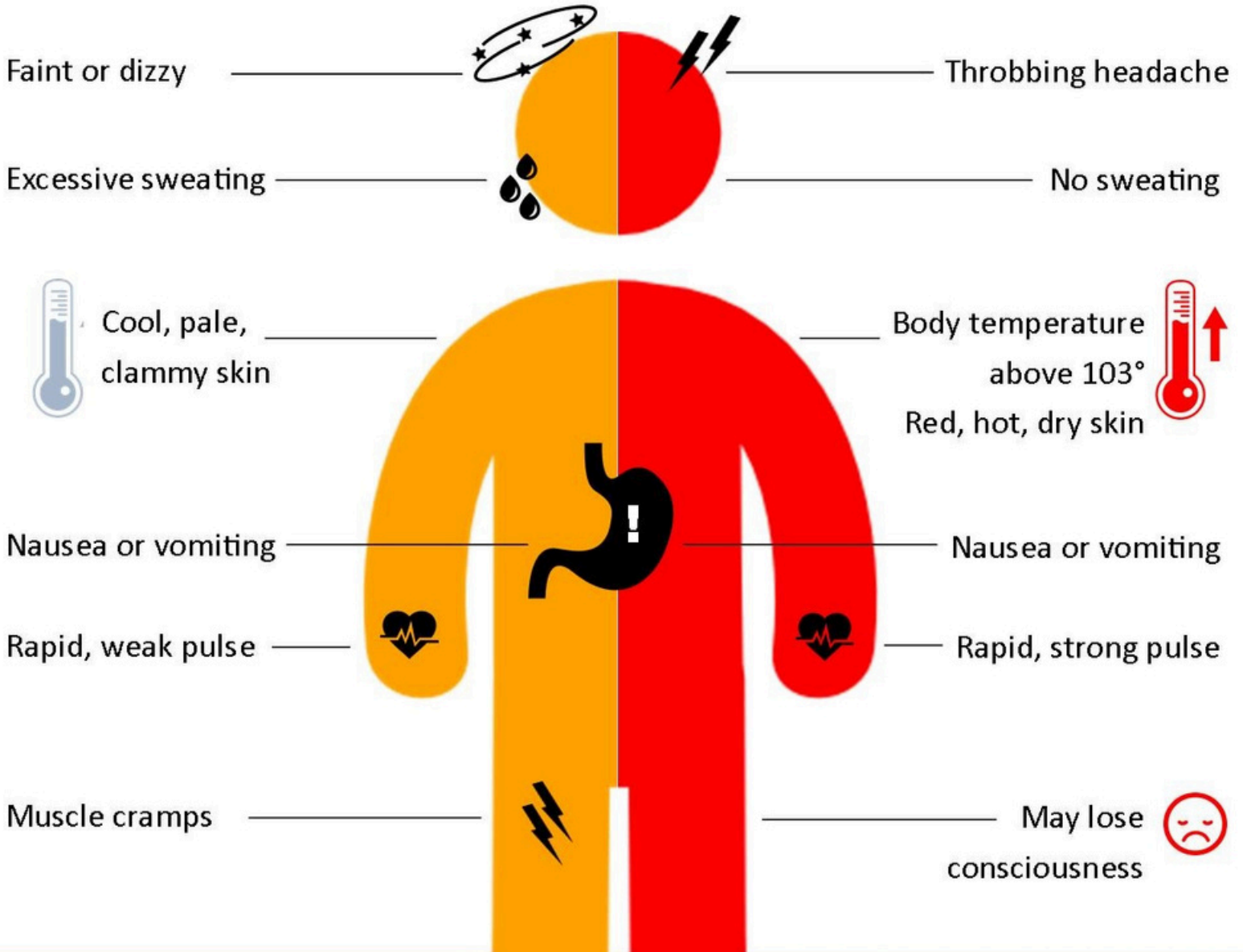
- Altered mental state (disorientation, confusion)
- Throbbing headache
- Nausea
- Dizziness
- Shallow breathing
- Body temperature above 103°F
- Hot, red, dry skin
- Lack of sweating
- Rapid and strong pulse
- Fainting or loss of consciousness

**Heat stroke requires immediate medical intervention. For assistance, call UPD at 408-924-2222 or call 911 using a nearby blue light emergency phone.**

# HEAT EXHAUSTION

OR

# HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives