

## HEAT DISORDERS THEIR SYMPTOMS AND FIRST AID

HEAT DISORDER	SYMPTOMS	FIRST AID
<b>SUNBURN</b>	Redness and pain, in severe cases swelling of skin, blisters, fever and headaches.	Ointments for mild cases, if blisters appear do not break. If breaking occurs, apply dry sterile dressing. Serious extensive cases should be seen by a physician.
<b>HEAT CRAMPS</b>	Painful spasms usually in muscles of legs and abdomen, possibly heavy sweating.	Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of salt water (1 tsp per glass) every 15 minutes for one hour.
<b>HEAT EXHAUSTION</b>	Heavy sweating, weakness, dizziness, skin cold, pale and clammy. Pulse steady, normal temperature, possible fainting and vomiting.	Get out of sun, lie victim down, loosen his clothing, apply cool wet cloths and fan the victim, or move him to an air conditioned room. Give sips of salt water (1 tsp per glass) every 15 minutes for 1 hour.  IF VICTIM VOMITS -- NO FLUIDS, GET MEDICAL ATTENTION.
<b>HEAT STROKE (OR SUN STROKE)</b>	High body temperature (106° F or higher), hot, red, dry skin, rapid and strong pulse, possible unconsciousness.	Heat Stroke is a severe medical emergency. Summon a physician or get the patient to a hospital immediately. Delay can be fatal. Move victim into cooler environment, reduce body temperature with iced bath or sponging. Use fans and air conditioners. If temperature rises again, repeat process.  DO NOT GIVE FLUIDS.