

## Symptoms and treatment for heat-related conditions

(from Qld Health)

<u>What to look for</u>	<u>What to do</u>
<b>Heat rash</b>	
<ul style="list-style-type: none"> <li>• Clusters of bumps that look like red pimples or small blisters, usually on the neck and upper chest</li> <li>• Most common in young children</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cooler place</li> <li>• Keep the affected area dry</li> <li>• Dusting powder may increase comfort</li> <li>• Avoid using ointments and creams</li> </ul>
<b>Dehydration</b> Can lead to heat exhaustion without prompt treatment	
<ul style="list-style-type: none"> <li>• Increased thirst</li> <li>• Dry mouth, lips and tongue</li> <li>• Dizzy, tired or irritable</li> <li>• Headaches</li> <li>• Bright or dark yellow urine</li> <li>• Less urine than usual</li> </ul>	<ul style="list-style-type: none"> <li>• Drink small amounts of water regularly</li> <li>• Move to a cooler place</li> <li>• Seek medical attention if symptoms are severe</li> </ul>
<b>Heat cramps</b> Can be an early warning sign of heat exhaustion	
<ul style="list-style-type: none"> <li>• Muscle pains and spasms, usually in the abdomen, arms or legs</li> <li>• Most common in people who sweat a lot during strenuous activity</li> </ul>	<ul style="list-style-type: none"> <li>• Stop all strenuous activity</li> <li>• Rest in a cool, shaded place</li> <li>• Increase fluid intake with water, low sugar sports drink or diluted fruit juice</li> <li>• After the cramps subside, wait a few hours before exercising strenuously</li> <li>• Seek medical attention if cramps continue for more than one hour</li> </ul>
<b>Heat exhaustion</b> Can lead to heat stroke without prompt treatment	
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Heat cramps</li> <li>• Paleness</li> <li>• Weak or dizzy</li> <li>• Nausea or vomiting</li> <li>• Fast, weak pulse</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Rest in a cool, shaded place</li> <li>• Have a cool shower or bath, or apply cool, wet towels to the body</li> <li>• Loosen tight clothing</li> <li>• If fully alert, sip water or suck ice chips</li> <li>• Seek medical attention immediately if symptoms are severe, get worse or don't improve with treatment, or last longer than an hour</li> </ul>
<b>Heat stroke</b> This is a medical emergency – call Triple Zero (000) immediately	
<p>As per heat exhaustion, plus:</p> <ul style="list-style-type: none"> <li>• Worsening mental condition</li> <li>• Slurred speech, poor coordination</li> <li>• Seizures or losing consciousness</li> </ul>	<ul style="list-style-type: none"> <li>• Call Triple Zero (000) immediately – this is a life-threatening emergency</li> <li>• Follow directions of ambulance staff</li> <li>• Move to a cool, shaded place</li> <li>• Remove excess clothing</li> <li>• Immerse in water, spray with hose, or apply wet cloths and fan vigorously</li> </ul>