



Heat Stress: Know the Signs

Prevent heat-related illnesses!

Heat stress can develop quickly after exposure to high temperatures and inadequate fluid intake. Heat stress can quickly turn into heat exhaustion and may progress to heat stroke.

Persons most prone to heat stress are infants, older adults, those with high blood pressure, and people working or exercising in a hot environment.

Wear lightweight clothing and prevent sunburn by wearing a sunscreen of 30 SPF, or greater. Sunburn damages the skin's ability to dissipate heat!



Warning Signs of heat stress can include:

- Heavy sweating
- Paleness
- Muscle cramps
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Cool, moist skin
- Fast, weak pulse rate
- Rapid, shallow breathing
- Tiredness (may be the only sign of heat stress in an infant)

Seek immediate medical attention if symptoms are severe or if the person has heart problems or high blood pressure. Otherwise, help the person to cool off and seek medical attention if symptoms worsen or last longer than one hour.

If you suspect heat stress:

- Drink cool, nonalcoholic beverages
- Rest in an air-conditioned environment
- Take a cool shower, bath, or sponge bath
- For specific medical questions contact your physician, or dial 911 for emergency care.



For more information visit [cdc.gov/disasters/extremeheat](https://www.cdc.gov/disasters/extremeheat)