



# Heat illnesses

Most heat-related deaths occur in the hot summer months. Elderly and very young persons and people with chronic health problems are most at risk.



Sweating normally cools the body. During hot weather, sweating isn't enough. Body temperature can rise to dangerous levels and you can develop a heat illness. This includes heat stroke, which can be life-threatening. Heat exhaustion, if not treated, can turn into heat stroke.

A less serious heat illness is a heat rash. Signs include small red pimples, pink, blotchy skin, and itching. To treat a heat rash, bathe in cool water every couple of hours. Let your skin air dry. Put cornstarch or calamine lotion on itchy areas.

When the heat starts to rise, slow down. Drink plenty of fluids (ones without alcohol or caffeine). Stay in the shade or indoors. Wear light, loose-fitting clothing and a wide brimmed hat. Do not stay in or leave anyone in a closed, parked car during hot weather.