

HEAT-RELATED ILLNESSES



Heat Exhaustion

Heat exhaustion occurs when the body overheats, but it can cool itself down. It does not usually need emergency medical attention if it cools down within 30 minutes.

Look for

-  tiredness, dizziness and/or weakness
-  headache
-  muscle cramps
-  feeling/being sick
-  heavy sweating
-  intense thirst
-  fast breathing
-  high temperature

Action

- move to a cooler place in the shade
- remove all unnecessary clothing
- drink a cool drink (not alcohol)
- cool skin – spray or sponge with cool water
- stay with them

Anyone affected should start to cool down and feel better within **30 minutes**.

If you are concerned about symptoms, or they are worsening, contact NHS 111.



FIND COOL PLACE



DRINK WATER



COOL SKIN



DIAL 111

Heatstroke

Heatstroke occurs when the body is no longer able to cool itself down and its temperature becomes dangerously high.



Look for

-  still unwell after 30 minutes of resting
-  loss of consciousness
-  very high temperature
-  confusion
-  lack of co-ordination
-  fast heartbeat
-  fast breathing or shortness of breath
-  hot skin that is not sweating
-  seizures

Action

Heatstroke is a medical emergency.

- dial 999 and then try to cool them down
- move to a cool place
- remove all unnecessary clothing
- cool skin – spray or sponge with cool water
- put them in the recovery position if they lose consciousness while waiting for help
- stay with them



DIAL 999



FIND COOL PLACE



COOL SKIN



RECOVERY POSITION



In an emergency, or if you think someone has heatstroke, dial 999.



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County Council**



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