

Signs and Symptoms of Different Heat Illnesses

There are many types of heat illnesses. Each heat illness has a different cause, signs, and symptoms. Below are the causes, signs, and symptoms of different heat illnesses in order from least to most severe.

Transient Heat Fatigue

Cause

Transient heat fatigue is caused by a decline in task performance, coordination, alertness, and vigilance to varying degrees. Workers who are unaccustomed to the heat are vulnerable to this.

Signs and Symptoms

The signs and symptoms of transient heat fatigue are:

- A temporary state of discomfort
- Mental or psychological strain arising from prolonged heat exposure

Heat Rash

Cause

The cause of heat rash are sweat ducts becoming blocked and inflamed in high humidity or heat. Then, a skin rash will appear soon after.

Signs and Symptoms

The signs and symptoms of heat rash are:

- Small, itchy, and red bumps on your skin
- You may also feel a prickly, stinging, or burning sensation if you touch the rash.

Heat Cramps

Cause

Heat cramps are caused by an excessive loss of water and salt through sweat.

Signs and Symptoms

The signs and symptoms of heat cramps are:

- Painful muscle cramps
- Spasms in the legs, arms, and abdomen
- Heavy sweating

Heat Exhaustion

Cause

Heat exhaustion is the result of dehydration and prolonged over-exertion.

Signs and Symptoms

The signs and symptoms of heat exhaustion are:

- Fatigue
- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

Heat Stroke

Cause

Heat stroke is the total breakdown of the body's cooling system. This illness can be fatal.

Signs and Symptoms

The signs and symptoms of heat stroke are:

- Altered mental state (disorientation, confusion)
- Throbbing headache
- Nausea
- Dizziness
- Shallow breathing
- Body temperature above 103°F
- Hot, red, dry skin
- Lack of sweating
- Rapid and strong pulse
- Fainting or loss of consciousness

Heat stroke requires immediate medical intervention.
For assistance, call UPD at 408-924-2222 or call 911 using a nearby blue light emergency phone.

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache



Excessive sweating



No sweating



Cool, pale, clammy skin

Body temperature above 103°
Red, hot, dry skin



Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives