

Heat Illness

Having a health emergency?

Call 911 and contact your doctor.

Heat illness is serious. Conditions such as severe sunburn, heat cramps, heat exhaustion and heat stroke can lead to long-term health problems and even death.

The symptoms of heat illness can appear very quickly. They usually are caused by over-exertion or over-exposure. Heat affects everyone differently. How it affects you depends on your personal risk factors and your health status. A person with heat illness may not recognize that he or she is ill, so be alert to these signs in others, and ask others to keep an eye on you, too.

This fact sheet is not a substitute for medical care but it may help you recognize the warning signs of heat illness.

Know the signs and symptoms of heat illness

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with dark yellow urine

If you have any of these symptoms during hot weather, move to a cool place right away and drink water. If you don't get better, seek medical care right away.

National Weather Service

<http://www.weather.gov/view/national.php?thumbs=on>

American Red Cross

<http://oregonredcross.org/index.asp?IDCapitulo=663B01D44V>

Environmental Protection Agency

<http://www.epa.gov/>



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Condition	Symptoms	Response
Sunburn	Skin redness and pain, possible swelling, blisters, fever and headache	<ul style="list-style-type: none">• Take a cool shower or use cool compresses• Don't break blisters• Avoid more sun exposure to burned area
Heat cramps	Painful spasms, heavy sweating	<ul style="list-style-type: none">• Get to a cool location• Lightly stretch and gently massage muscles to relieve spasms• Drink up to a half-glass of water every 15 minutes• Avoid heavy activity for a few hours after cramps go away

Heat Illness

Local Health Departments

Baker.....	541-523-8211
Benton.....	541-766-6835
Clackamas.....	503-655-8430
Clatsop.....	503-325-8500
Columbia.....	503-397-4651
Coos.....	541-756-2020
.....	ext. 510
Crook.....	541-447-5165
Curry.....	541-247-3300
Deschutes.....	541-322-7400
Douglas.....	800-234-0985
Gilliam.....	541-384-2061
Grant.....	541-575-0429
Harney.....	541-573-2271
Hood River.....	541-386-1115
Jackson.....	541-774-8209
Jefferson.....	541-475-4456
Josephine.....	541-474-5325
Klamath.....	541-882-8846
Lake.....	541-947-6045
Lane.....	541-682-4041
Lincoln.....	541-265-4112
Linn.....	541-967-3888
Malheur.....	541-889-7279
Marion.....	503-588-5357
Morrow.....	541-676-5421
Multnomah.....	503-988-3674
Polk.....	503-623-8175
Sherman.....	541-506-2600
Tillamook.....	503-842-3900
Umatilla.....	541-278-5432
Union.....	541-962-8801
Wallowa.....	541-426-4848
Wasco.....	541-506-2600
Washington.....	503-846-8881
Wheeler.....	541-763-2725
Yamhill.....	503-434-7525

Condition	Symptoms	Response
Heat exhaustion	Heavy sweating. Skin may be cool, pale or flushed. Weak pulse. Body temperature will likely rise, but it may remain normal. Fainting or dizziness, nausea, vomiting, exhaustion, and headache are possible.	<ul style="list-style-type: none"> • Have victim rest in a cool place • Loosen or remove clothing • Use cool water, such as a shower, cool bath or wet cloths to cool victim. • Give sips of water slowly if conscious • Discontinue water if victim is nauseated • Seek medical treatment if vomiting occurs
Heat stroke	High body temperature (105 F or more); hot, red, dry skin; rapid, weak pulse; rapid, shallow breathing; possible unconsciousness.	<ul style="list-style-type: none"> • Call 911 • Get victim to a cool place to lie down • Loosen or remove clothing • Cool victim quickly with cool water from a shower, hose or wet cloths, whatever is available • Get medical treatment immediately

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Call 971-673-1244

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