



Charlie Crist  
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## **Individuals should know signs of heat exhaustion as temperatures rise**

PENSACOLA -- The Escambia County Health Department (FL) reminds residents that it is important to know the signs of heat exhaustion as residents and visitors begin spending more time outside in the summer heat. Heat exhaustion is a milder form of heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment.

### **Warning signs of heat exhaustion vary but may include the following:**

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

- Symptoms are severe.
- The victim has heart problems or high blood pressure.

Otherwise, help the victim to cool off and seek medical attention if symptoms worsen or last longer than one hour.

### **If you suspect heat exhaustion:**

Cooling measures that may be effective include the following:

- Drink cool, nonalcoholic beverages, as directed by your physician



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- Rest in an air-conditioned environment
- Take a cool shower, bath or sponge bath
- Wear lightweight clothing
- Prevent sun burn by wearing a sunscreen of 30 SPF. Sun burn damages the skin's ability to dissipate heat.

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