

REVIEWED

By Chris Tighe at 2:36 pm, May 17, 2017



NATIONAL WEATHER SERVICE

NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION



Heat Safety	Heat Watch vs. Warning	Heat Index	During a Heat Wave	Common Heat Related Illnesses
-------------	------------------------	------------	--------------------	-------------------------------

HEAT EXHAUSTION OR HEAT STROKE		AGOTAMIENTO DEBIDO AL CALOR O INSOLACIÓN	
Faint or dizzy	Throbbing headache	Mareos	Dolor de cabeza
Excessive sweating	No sweating	Sudor excesivo	Piel no sudorosa
Cool, pale, clammy skin	Body temperature above 103° Red, hot, dry skin	Piel pegajosa, fresca y pálida	Temperatura corporal por encima de 103° Piel caliente, roja, y seca
Nausea or vomiting	Nausea or vomiting	Náuseas y vómitos	Náuseas y vómitos
Rapid, weak pulse	Rapid, strong pulse	Látidos del corazón rápidos y débiles	Látidos del corazón rápidos y fuertes
Muscle cramps	May lose consciousness	Calambres	Pérdida del conocimiento
<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Descanse en un lugar fresco y sombreado Tome mucha agua y otros líquidos Báñese con agua fría o utilice compresas frías 	Llame al 9-1-1 Tome acción inmediatamente para enfriar su temperatura corporal hasta que llegue la ayuda necesaria
Weather.gov/socialmedia Weather.gov/heat	@SacramentoOES SacramentoReady.org	Weather.gov/socialmedia Weather.gov/heat	@SacramentoOES SacramentoReady.org

Heat Safety Resources

Heat Safety

Maximum Heat Index Forecast

Children, Pets and Vehicles

Heat Awareness Campaign

Ultraviolet (UV) Safety

Games and Activities for Kids

Survivor Stories

Education and Outreach

Links, Partners

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The [Centers for Disease Control and Prevention](#) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. Some of these symptoms and steps are listed below. Click on the infographics below for a full size version.

[Heat Cramps](#)

[Heat Exhaustion](#)

[Heat Stroke](#)

For more information on all these topics, see the [Centers for Disease Control and Prevention](#) site.