## REVIEWED

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

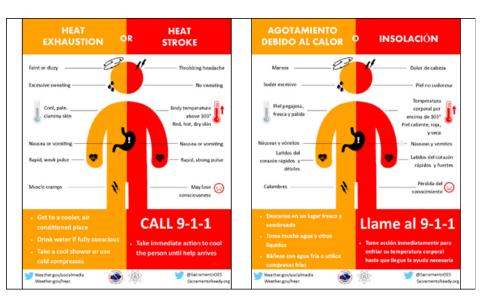
NATIONAL WEATHER SERVICE

Heat Safety

Heat Watch vs. Warning

Heat During a Index Heat Wave

Common Heat Related Illnesses



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 <u>Centers for Disease Control and Prevention</u> 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 <u>Centers for Disease Control and Prevention</u> site.





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