



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives, Protecting People™

REVIEWED*By Chris Tighe at 2:39 pm, May 17, 2017*

Warning Signs and Symptoms of Heat-Related Illness



Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting



What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness



What You Should Do:

- Call 911 immediately — this is a medical emergency.
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

*104°F taken rectally is the most accurate.

Related Links

Media Toolkit

Warning Signs and Symptoms

Page last reviewed: June 20, 2011

Page last updated: June 20, 2011

Content source: Centers for Disease Control and Prevention ([//www.cdc.gov/](http://www.cdc.gov/))