



**Heat exhaustion signs and symptoms:**

- severe thirst
- muscle weakness
- nausea, sometimes vomiting
- fast, shallow breathing
- irritability
- headache
- increased sweating
- cool, clammy skin
- elevation of body temperature up to 104 degrees Fahrenheit

**In cases of heat exhaustion:**

1. Bring the child indoors or into the shade immediately.
2. Undress the child.
3. Have the child lie down; elevate feet slightly.
4. If the child is alert, place in cool (not cold) bath water, or sponge bathe the child repeatedly.
5. If the child is alert, give frequent sips of cool, clear fluids (clear juices or sports drinks are best).
6. If the child is vomiting, turn his or her body to the side to prevent choking.
7. Monitor the child's temperature.

**If your child has a temperature of 104 degrees Fahrenheit or more, or shows any symptoms of heatstroke, seek emergency medical care immediately.**

## Summer fun means lots of time spent outdoors.

But increased activity in the hot and humid weather can raise the body's internal temperature to dangerous and even potentially fatal levels. Be alert for the signs of heat exhaustion, which can quickly progress to heatstroke, requiring immediate emergency medical care. To avoid this, make sure your child drinks plenty of fluids and takes frequent breaks while playing in the summer sun. ☀

