

## SIGNS

## TREATMENT

### Heat rash

- Clusters of bumps that look like red pimples or small blisters, usually on the neck and upper chest.

- Move to a cooler place.
- Keep the affected area dry.
- Dusting powder may increase comfort.
- Avoid using ointments and creams.

### Dehydration

Without treatment can lead to heat exhaustion

#### Take note and ACT

- Feeling thirsty.
- Dry mouth, lips and tongue.
- Feeling dizzy, tired or irritable.
- Headache.
- Bright or dark yellow urine.
- Less urine than usual.

- Increase fluid intake with water, low sugar sports drinks or diluted fruit juice.
- Move to a cooler place.
- Seek medical attention if symptoms do not improve.

### Heat cramps

Early warning signs of heat exhaustion

#### Take action

- Muscle pains and spasms, usually in the abdomen, arms and/or legs.
- Most common in people who sweat a lot during strenuous activity.

- Stop all strenuous activity.
- Rest in a cool, shaded place.
- Increase fluid intake with water, low sugar sports drink or diluted fruit juice.
- After the cramps subside, wait a few hours before undertaking strenuous activities.
- Seek medical attention if symptoms do not improve.

### Heat exhaustion

Without treatment can lead to heatstroke

#### Take action NOW

- More sweating than usual.
- Heat cramps.
- Pale complexion.
- Feeling weak or dizzy.
- Nausea or vomiting.
- Fast, weak pulse.
- Headache.

- Stop work and rest in a cool, shaded place.
- Cool your body down - apply wet towels to the body.
- Loosen or remove tight clothing where possible.
- If fully alert, sip water or suck ice cubes.
- Seek medical attention immediately if symptoms are severe, get worse, don't improve with treatment or last longer than an hour.

### Heatstroke

This is a medical emergency

#### Call 000

- As per heat exhaustion above, plus:
  - Worsening of your mental health.
  - Slurred speech.
  - Poor coordination.
  - Seizures or loss of consciousness.

- Call Triple Zero (000) immediately – this is a life-threatening emergency
- Follow the directions of the phone operator and paramedics.
- Move to a cool, shaded place.
- Remove excess clothing where possible.
- Immerse your body in water, spray yourself with a hose, or apply wet cloths and fan vigorously.