

Condition	Cause	Signs/Symptoms	First Aid
Heat Cramps	<ul style="list-style-type: none"> <li>Loss of salt</li> <li>Heavy Sweating</li> </ul>	<ul style="list-style-type: none"> <li>Painful muscle spasms</li> <li>Sudden onset</li> <li>Heavy sweating</li> </ul>	<ul style="list-style-type: none"> <li>Increase water intake</li> <li>Massage cramped muscles</li> <li>Rest in shade/cool environment</li> </ul>
Heat Syncope	<ul style="list-style-type: none"> <li>Loss of water or salt</li> <li>Low blood pressure causing less blood to the brain</li> </ul>	<ul style="list-style-type: none"> <li>Brief fainting</li> <li>Blurred vision</li> </ul>	<ul style="list-style-type: none"> <li>Increase water intake</li> <li>Rest in shade/cool environment</li> </ul>
Dehydration	<ul style="list-style-type: none"> <li>Loss of body fluids</li> </ul>	<ul style="list-style-type: none"> <li>Fatigue</li> <li>Reduced movement</li> </ul>	<ul style="list-style-type: none"> <li>Increase water intake</li> <li>Rest in shade/cool environment</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>Dehydration</li> </ul>	<ul style="list-style-type: none"> <li>Pale and clammy skin</li> <li>Possible fainting</li> <li>Weakness, fatigue</li> <li>Nausea</li> <li>Dizziness</li> <li>Heavy sweating</li> <li>Blurred vision</li> <li>Body temp slightly elevated</li> </ul>	<ul style="list-style-type: none"> <li>Lie down in cool environment</li> <li>Increase water intake</li> <li>Loosen clothing</li> <li>Call 911 from campus phone or 404-727-6111 from cellphone if symptoms continue once in a cool environment</li> </ul>
Heat Stroke	<ul style="list-style-type: none"> <li>Excessive exposure to hot environments</li> <li>Body's system of temp regulation fails</li> <li>Body temp rises to critical</li> </ul>	<ul style="list-style-type: none"> <li>Cessation of sweating</li> <li>Skin hot and dry</li> <li>Red face</li> <li>High body temperature</li> <li>Unconsciousness</li> <li>Collapse</li> <li>Convulsions</li> <li>Confusion or erratic behavior</li> <li>Life threatening conditioning</li> </ul>	<ul style="list-style-type: none"> <li>Medical Emergency!</li> <li>Call 911 from campus phone or 404-727-6111 from cell phone</li> <li>Loosen clothing</li> <li>Move victim to shade, immerse in water</li> </ul>