

## **Heat Illness information for Bike the Creek**

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You will suffer from heat-related illnesses when your body temperature rises and you do not cool yourself.

### **Heat-related illnesses include:**

- Sunburn
- Heavy sweating
- Body weakness
- Nausea
- Weak pulse
- Heat cramps

### **General treatments for heat-related illnesses include:**

- Find shaded areas to rest
- Move to a cool environment if possible
- Take sips of water
- Seek medical attention

### **What are specific signs and treatments of heat-related illness?**

#### **Sunburn**

Symptoms: Redness, pain, swelling of skin, blisters, fever, and headaches

Treatment: Leave water blisters intact to speed healing and avoid infection. If breaking of blisters occurs, apply dry sterile dressing. Serious cases should be seen by a physician.

#### **Heat Cramps**

Symptoms: Heavy sweating can cause painful muscle spasms usually in the legs but possible in the abdomen.

Treatment: Apply firm pressure on cramping muscles or gently massage to relieve spasm, and take sips of water. If nausea occurs, discontinue sips of water. Move to a cooler place to rest in a comfortable position. Observe carefully for changes in condition.

#### **Heat Exhaustion**

Symptoms: Heavy sweating, weakness, cold, pale, and clammy skin, weak pulse, fainting and vomiting

Treatment: Move out of the sun to a cooler environment. Lie down and loosen clothing. Apply cool wet cloths, take sips of water. If nausea occurs, discontinue water intake. If vomiting continues, seek medical attention.

#### **Heat Stroke**

Symptoms: Severe medical emergency, high body temperature (41 degrees Celsius or higher), hot, dry skin, rapid and strong pulse, possible unconsciousness.

Treatment: Call 9-1-1