 Heat Illness

Heat Exhaustion happens when your body gets too hot. This can be caused by exercise or exposure to hot weather. You may feel weak, tired, dizzy or worried. Your heart may beat fast and you may have a headache. You may get dehydrated and your urine output may decrease.

If you think you have heat exhaustion get out of the heat immediately. Rest in a cool, shady place and drink plenty of water or other fluids. Do not drink alcohol as this can make your heat exhaustion worse. If you do not feel better within 30 minutes you may need medical attention. If heat exhaustion is not treated you can get heat stroke.

Heat Stroke is much more serious than heat exhaustion and can result in death. People with heatstroke may seem confused. They may have seizures or go into a coma. Most people with heat exhaustion also have a fever. Heatstroke can occur when your body gets too hot or it can happen after heat exhaustion.

If you think someone may have heatstroke move them to a cool, shady place quickly and immediately call for medical help. Removing the person's unnecessary clothing may be helpful. Spraying the person with cool water can help to cool them down. Try to fan the person while wetting the skin with cool or lukewarm water as the evaporation will help to speed cooling.

Prevention of heat exhaustion or heat stroke: Do not exercise outside when it is hot and humid. Wear cool, light clothing and drink plenty of fluids. Try to stay in an air-conditioned place. Get medical attention immediately if you think you have heat exhaustion or heat stroke.

If you have questions or concerns about heat related illness, please call Reliance Hospice at

866-569-7922.