# Signs and Symptoms of Different Heat Illnesses

There are many types of heat illnesses. Each heat illness has a different cause, signs, and symptoms. Below are the causes, signs, and symptoms of different heat illnesses in order from least to most severe.

## Transient Heat Fatigue

**Cause**
Transient heat fatigue is caused by a decline in task performance, coordination, alertness, and vigilance to varying degrees. Workers who are unaccustomed to the heat are vulnerable to this.

**Signs and Symptoms**
The signs and symptoms of transient heat fatigue are:
- A temporary state of discomfort
- Mental or psychological strain arising from prolonged heat exposure

## Heat Rash

**Cause**
The cause of heat rash are sweat ducts becoming blocked and inflamed in high humidity or heat. Then, a skin rash will appear soon after.

**Signs and Symptoms**
The signs and symptoms of heat rash are:
- Small, itchy, and red bumps on your skin
- You may also feel a prickly, stinging, or burning sensation if you touch the rash

## Heat Cramps

**Cause**
Heat cramps are caused by an excessive loss of water and salt through sweat.

**Signs and Symptoms**
The signs and symptoms of heat cramps are:
- Painful muscle cramps
- Spasms in the legs, arms, and abdomen
- Heavy sweating

## Heat Exhaustion

**Cause**
Heat exhaustion is the result of dehydration and prolonged over-exertion.

**Signs and Symptoms**
The signs and symptoms of heat exhaustion are:
- Fatigue
- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

## Heat Stroke

**Cause**
Heat stroke is the total breakdown of the body’s cooling system. This illness can be fatal.

**Signs and Symptoms**
The signs and symptoms of heat stroke are:
- Altered mental state (disorientation, confusion)
- Throbbing headache
- Nausea
- Dizziness
- Shallow breathing
- Body temperature above 103°F
- Hot, red, dry skin
- Lack of sweating
- Rapid and strong pulse
- Fainting or loss of consciousness

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Heat stroke requires immediate medical intervention. For assistance, call UPD at 408-924-2222 or call 911 using a nearby blue light emergency phone.
HEAT EXHAUSTION  OR  HEAT STROKE

- Faint or dizzy  
- Excessive sweating  
- Cool, pale, clammy skin  
- Nausea or vomiting  
- Rapid, weak pulse  
- Muscle cramps

- Throbbing headache  
- No sweating  
- Body temperature above 103°  
- Red, hot, dry skin  
- Nausea or vomiting  
- Rapid, strong pulse  
- May lose consciousness

CALL 9-1-1
- Get to a cooler, air conditioned place  
- Drink water if fully conscious  
- Take a cool shower or use cold compresses  
- Take immediate action to cool the person until help arrives