

Heat-related Illnesses

Definition:

Conditions resulting from exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake.



Heat Stroke

Unable to control internal temperature

- Warm, dry skin
- High fever ($\geq 40^{\circ}\text{C}$)
- Rapid Heart rate
- Nausea
- Headache
- Seizures, coma, and death are possible

Heat Exhaustion

Body loses excessive amounts of H₂O & Na

- Pale, moist skin
- High fever ($\geq 34^{\circ}\text{C}$)
- Anxiety, and faint feeling
- Headache
- Fatigue
- Weakness
- Nausea

Heat Syncope

- Fainting (short duration)
- Dizziness
- Light-headedness from standing too long or suddenly rising from a sitting or lying position

Heat Cramps

- Muscle cramps
- Muscle pain
- Muscle spasms
- Flushed skin

Heat Rash

- Red clusters of pimples or small blisters
- Usually appears on the neck, upper chest, groin, under the breasts, and in elbow creases

Effective Prevention & Control Measures for Heat-related Illnesses



- Take frequent sips of cool water
- Wear loose-fitting & light-coloured clothing
- Minimise alcohol consumption



- Educate yourself about heat-related conditions
- Seek medical help immediately if feeling unwell after prolonged heat exposure



- Take breaks in cool areas when participating in outdoor activities
- Use portable cooling accessories e.g. fans, wet rags, umbrellas
- Use sunscreen

Information Source :

<https://archealth.com.au/2023/12/27/summer-heat>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/heatrelated-illnesses-heat-cramps-heat-exhaustion-heat-stroke>