

Heat Emergencies

Pictured Rocks National Lakeshore
National Park Service
U.S. Department of the Interior



HEAT RELATED EMERGENCIES

Please be watchful for these recreation related heat emergencies while visiting the Lakeshore.

Heat Exhaustion

Signs and Symptoms: Headaches, dizziness / light headedness, weakness, mood changes, nausea, vomiting, decreased and dark-colored urine, fainting, skin pale and clammy.



What should be done:

- Move to a cool, shaded area and rest. If dizzy or light-headed, lay on back and raise legs about 6-8 inches. If sick to stomach, lay on side.
- Loosen and remove heavy clothing
- Drink cool water (a small cup every 15 minutes).
- Cool skin by fanning and using a cool mist or wet cloth.
- DIAL 9-1-1 if symptoms persist.

Heat Stroke

Signs and Symptoms: Dry / pale skin (no sweating), hot red skin (similar to a sun-burn), mood changes, seizures, collapse/pass out (unresponsive).



What should be done:

- DIAL 9-1-1 and request emergency help.
- Move person to a cool shaded area. Lay on their back. In event of a seizure, remove objects near them which may be struck. If person is sick to stomach, lay them on their side.
- Remove heavy and outer clothing.
- Administer cool water (a small cup every 15 minutes) if person is alert and not sick to their stomach.
- Cool skin by fanning and using a cool mist or wet cloth.
- Place ice packs under arm pits and groin area.