



Division of Child Care and Early Childhood Education

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TO: Summer Food Sponsor's

FROM: Buster Lackey, Health and Nutrition Administrator

DATE: July 21, 2015

WHAT: What Are the Symptoms of Heat-Related Illnesses?

With the hot summer temperatures reaching over 100 degrees over the next several days, I wanted to remind you to watch for Symptoms of Heat-Related Illnesses. Never, second guess calling 911 for medical assistance, every second counts.

Please make sure all site staff know the address of the site where they are serving in the event an emergency occurs.

Remember if you serve outside and your site area is under a heat advisory you can request a waiver from congregate feeding. You will contact the State Agency SFSP Manager by email, ASAP and download the National Weather Service Heat Advisory alert as proof of the official advisory. The Memo on Heat Advisory is located in the SNP Recourse Library under Training Materials for SFSP 2015 .

The following are signs and symptoms of heat related illnesses. Never, second guess calling 911 for medical assistance, every second counts. I have included the following signs and symptoms for heat related illnesses. Every second counts, I cannot stress the importance of getting medical help to your location immediately if you suspect someone experiencing heat related illness.

Signs and Symptoms

Heat cramp symptoms can include:

- Severe, sometimes disabling, cramps that typically begin suddenly in the hands, calves, or feet
- Hard, tense muscles

Heat exhaustion symptoms can include:

- Fatigue
- Nausea
- **Headache**
- Excessive thirst

- Muscle aches and cramps
- **Weakness**
- Confusion or **anxiety**
- Drenching sweats, often accompanied by cold, clammy skin
- Slowed or weakened heartbeat
- Dizziness
- Fainting
- Agitation

Heat exhaustion requires immediate attention.

Heat stroke symptoms can include:

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Fatigue
- Hot, flushed, dry skin
- Rapid heart rate
- Decreased sweating
- Shortness of breath
- Decreased urination
- Blood in urine or stool
- Increased body temperature (104 degrees to 106 degrees F)
- Confusion, delirium, or loss of consciousness
- Convulsions

Heat stroke can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing any symptoms of heat exhaustion or heat stroke, GET MEDICAL CARE IMMEDIATELY. Any delay could be fatal. Seek emergency medical care for anyone who has been in the heat and who has the following symptoms:

- Confusion, anxiety, or loss of consciousness

- Very rapid or dramatically slowed heartbeat
- Rapid rise in body temperature that reaches 104 degrees to 106 degrees F
- Either drenching sweats accompanied by cold, clammy skin (which may indicate heat exhaustion) or a marked decrease in sweating accompanied by hot, flushed, dry skin (which may indicate heat stroke)
- Convulsions
- Any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids and salts

WebMD Medical Reference

For more information, you contact Kim Cogshell at 501-320-8975 or Roshonda Bowen at 501-320-8974 SFSP Managers.

