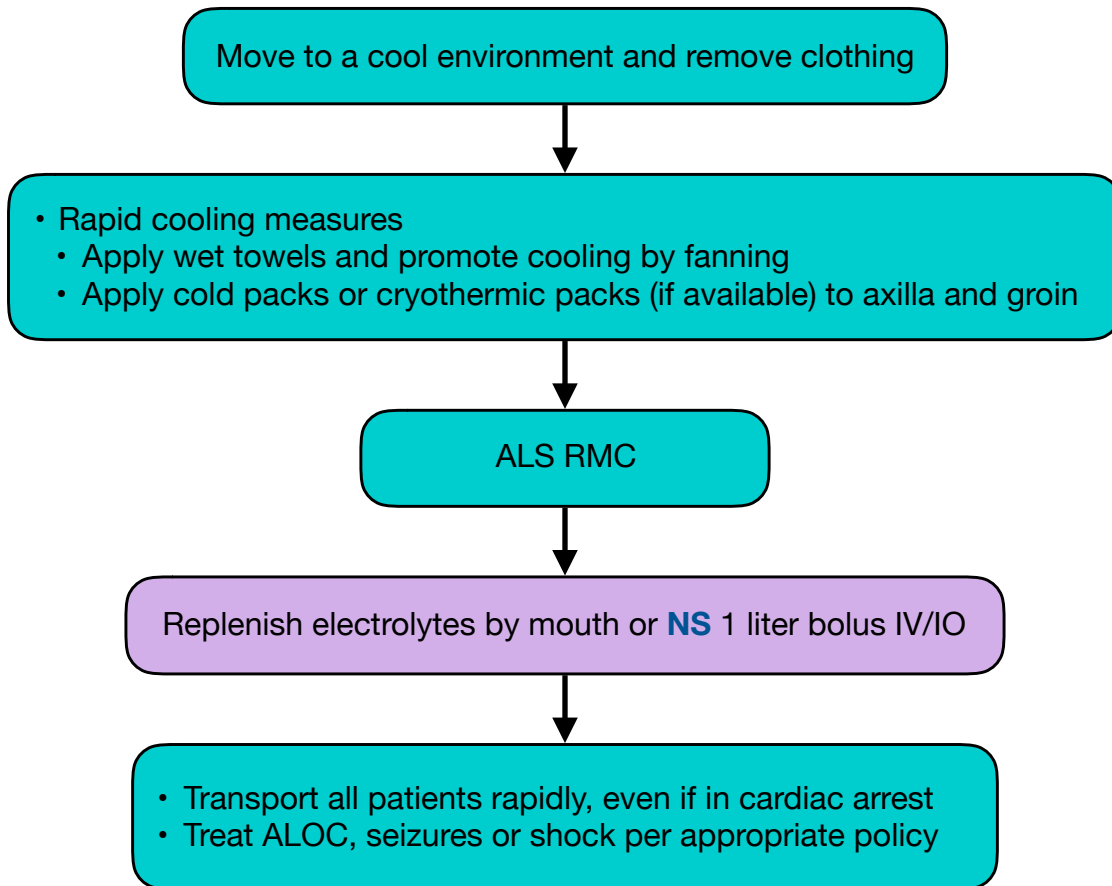


# HEAT ILLNESS

## Indications

- Exposure to unusually high temperatures, humidity, or vigorous exercise resulting in heat cramps, heat exhaustion, or heat stroke



## CRITICAL INFORMATION

- The following categories of heat illness should be seen as a continuum rather than three distinct categories. Treat heat illness aggressively, particular in at-risk populations: elderly, pediatric, and patients taking certain medications such as vasoconstrictors, ADHD (i.e: Adderall or Ritalin), beta blockers, diuretics, antidepressants or antipsychotics.
- **Heat Cramps:** Severe painful cramping of fatigued muscles in the setting of heat stress, often following fluid replacement with hypotonic fluids.
- **Heat Exhaustion:** Systemic symptoms often vague and nonspecific, precipitated by significant hypovolemia under conditions of heat stress, and characterized by any of the following: weakness, fatigue, nausea, vomiting, headache, impaired judgment, vertigo, syncope, tachycardia, hypotension and dizziness, often orthostatic. Mental status is normal.
- **Heat stroke:** Catastrophic life-threatening failure of homeostatic thermoregulatory mechanism, manifested by extreme elevation of body temperature and severe CNS dysfunction, which may present as disorientation, delirium, seizure or coma.