

- Heat stroke

Heat stroke is a life-threatening condition that occurs when the body's temperature rises above 104°F (40°C). It is characterized by a core body temperature of 104°F or higher, a change in mental status, and a loss of sweating. Heat stroke can lead to organ damage and death if not treated promptly.

### Staying cool

- Preparation is key:

Proper preparation and hydration are essential for preventing heat-related illnesses. This includes wearing appropriate clothing, using sun protection, and staying hydrated throughout the day.

- Heat cramps

Heat cramps are painful muscle spasms that occur during or after intense physical activity in hot weather. They are caused by dehydration and electrolyte imbalance. Rest, hydration, and electrolyte replacement can help relieve the symptoms.

- Heat exhaustion

Heat exhaustion is a common heat-related illness that occurs when the body loses too much fluid and salt. Symptoms include heavy sweating, weakness, dizziness, and nausea. Prompt treatment with rest, hydration, and electrolyte replacement is crucial to prevent further complications.