

Heat Disorder	Symptoms	Treatment Options
Sunburn	<ul style="list-style-type: none"> ■ reddened skin ■ tenderness ■ peeling skin ■ blistering 	<ul style="list-style-type: none"> ■ Seek shade. ■ Reapply sunscreen every 2 hours. ■ Use aloe vera to moisturize your skin often. ■ Take ibuprofen to decrease pain, redness and swelling.
Heat exhaustion	<ul style="list-style-type: none"> ■ dizziness ■ sweating ■ upset stomach and throwing up ■ muscle cramps ■ weak pulse 	<ul style="list-style-type: none"> ■ Stop what you are doing. ■ Move to an air conditioned area and drink liquids such as water. ■ Take a cool bath.
Heat stroke	<ul style="list-style-type: none"> ■ headache ■ body temperature higher than 103 F ■ reddened or hot skin ■ strong pulse 	<p>This is a medical emergency. Call 911 or have someone drive you to the nearest hospital Emergency Department.</p>