Knowsley Council

HOT WEATHER

Signs and symptoms of heat exhaustion and heatstroke

Heat exhaustion

Heat exhaustion does not usually need emergency medical help but **contact 111** if you, or someone else, is experiencing any of the below symptoms and they **don't improve within 30 minutes**. If it turns into heatstroke, it needs to be treated as an emergency by ringing 999.

Tiredness	**Dizziness**	**Headache**	**Feeling or being sick**	**Excessive sweating**
Being very thirsty	**Fast breathing or heartbeat**	**A high temperature (above 38oC)**	**Cramps in arms, legs and stomach**	**Weakness**

The symptoms of heat exhaustion are often the same in adults and children, although children may become irritable too

Heatstroke

Call 999 now if you, or someone else, is showing any of the signs of heatstroke which include:

- still unwell after 30 minutes of resting in a cool place
- hot skin that is not sweating and might look red*
- fast breathing or shortness of breath
- a very high temperature (40oC or above)
- a seizure or fit
- a fast heartbeat
- confusion and lack of coordination
- loss of consciousness



***this can be harder to see on brown and black skin**

Information source: NHS