

# Information on Hot Weather Related Conditions

## Fainting

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Fluid loss, inadequate water intake and standing still, resulting in decreased blood flow to brain.

## Heat Cramps

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Heavy sweating from strenuous physical activity that decreases body fluids. Weakness and painful cramps occur commonly in the most worked muscles (arms, legs or stomach).

## Heat Exhaustion

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The body cooling system begins to break down. It may result in excessive sweating, clammy skin, body temperature over 38°C, a weak pulse, normal or low blood pressure, a person being tired and weak, nausea and vomiting, being very thirsty, panting or breathing rapidly, and blurred vision.

## Heat Rash

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A heat rash is a red bumpy rash with severe itching.

## Heat Stroke

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High body temperature (over 40°C) with any of the following symptoms:

- Weak, confused, upset or acting strangely
- Profusely sweating
- Fast pulse
- Headache or dizziness
- Fainting or convulsions