

# Borough of Runnemede

## Office of Emergency Management

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### Heat Emergency Symptoms

#### GENERAL FACTS

Extreme heat events are the most dangerous natural hazard in the United States; contributing to hundreds of deaths in New Jersey per year. Be aware of the weather; if it seems unseasonably warm outside reduce exposure to heat and sun, take precautions to stay cool, and help those unable to take care of themselves such as the elderly and children.

#### Heat-related Disorders

##### Sunburn

- Symptoms: Redness and pain. Swelling of skin, blisters, fever, and headaches.
- First Aid: Ointments or a dry sterile dressing. Severe cases should be seen by a doctor.

##### Heat Cramps

- Symptoms: Painful spasms of muscles. Heavy sweating.
- First Aid: Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.

##### Heat Exhaustion

- Symptoms: Heavy sweating, weakness, skin cold, pale, and clammy. Weak pulse. Fainting and vomiting.
- First Aid: Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.

##### Heat Stroke

- Symptoms: High body temperature (106°F or higher). Hot dry skin. Rapid and strong pulse, possible unconsciousness.
- First Aid: Find emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.