

# HEAT ILLNESS GUIDE



## SOUTH BURLINGTON PHYSICAL THERAPY

FOR THE LIFESTYLE ATHLETE

### HEAT SYNCOPE

Collapsing in the heat resulting in loss of consciousness

#### SYMPTOMS



Fainting  
Pale/stoic look  
Sweaty skin

#### TREATMENT

Lay on back, elevate  
legs, monitor pulse &  
breathing rate



**\*\*\*If loss of consciousness lasts longer than 20-30 seconds, CALL 911\*\*\***

### HEAT EXHAUSTION

Inability to continue exercise due to cardiovascular insufficiency

#### SYMPTOMS



Fainting      Confusion  
Fatigue      Dizziness  
Headache    Vomiting  
Disorientation

#### TREATMENT

Cease exercise, cool down  
with ice packs (target groin,  
armpits, back of neck), or  
cold water shower



### EXERTIONAL HEAT STROKE

Overwhelmed thermoregulatory system due to severe hyperthermia

#### SYMPTOMS

Vomiting  
Inability to sweat  
Collapsing



#### TREATMENT

Immediate cold  
water immersion  
to reduce core  
body temp.

**CALL 911!**

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