HEAT-RELATED ILLNESSES

Heat illness includes a range of symptoms, usually starting with mild dehydration, quickly progressing to heat exhaustion and then to heat stroke. Signs of possible heat illness include heavy sweating, feeling weak, headache, nausea or vomiting. In the United States, approximately 400 people die each year from heat exposure. If you would like copies of any of these articles, or if you would like further information on this or any topic, please contact any Library team member.


