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Heat exhaustion symptoms next day

With warm weather bearing down on much of the world due to rising temperatures and climate change, it's no wonder that meteorologists and physicians alike are often warning people about the danger of too much heat exposure. Precautions are taken to protect children, the elderly, and animals from the dangers of extreme weather. Exposure to excessive heat can cause heat exhaustion, which can lead to serious health concerns. Heat exhaustion is a series of symptoms caused by prolonged exposure to temperatures outside the body's comfort zone, usually during physical exertion. Heat exhaustion is one of three stages of heat illness: heat cramps, heat exhaustion, and finally heat stroke. Heat exhaustion can also happen when someone is not exercising but simply in high heat for a long period, such as during tanning or while gardening. milan2099 / Getty Images It's far better to prevent heat exhaustion from occurring in the first place, and there are several pragmatic ways to do this. They include: Staying hydrated in any heat, even when not exercisingAvoiding exposure to the sun or heat during the hottest part of the day. It is better to get any outdoor work done in the early morning or evening hours.Reading your body's cues and knowing when you begin to tire. Pollyana Ventura / Getty Images Heat exhaustion occurs in multiple internal phases. Exposure to heat puts stress on the body, causing it to (1) seek out cooler temperatures, (2) increase blood flow to the skin, and (3) evaporate excess water in an attempt to cool down. These are all normal functions, but when they fail to achieve the desired response, the body must react more drastically. It begins to lose salt and water and develop dehydration, high cardiac output, and decreased circulation. Eventually, the symptoms, such as circulatory shock and heart failure, become more severe and pose a danger to the person's life. ljbaphoto / Getty Images The symptoms of heat exhaustion can go unnoticed until they become dangerous. The initial symptoms include dehydration, fatigue, rapid but weak pulse, nausea, headache, and vomiting. Neurological symptoms such as dizziness and faintness can also occur. Addressing these symptoms quickly is vital to prevent one's condition from deteriorating. Jan-Otto / Getty Images Treatments from heat exhaustion can often be done at home, at least in the initial stages. The person should find a cooler area and end any physically demanding activity immediately. They should drink water with electrolytes and dress in light clothing. Severely overheated people can benefit from cold towels and a cool bath or show to lower the body temperature rapidly. If symptoms don't improve, consult a doctor. fladendron / Getty Images While there are not many records of heat exhaustion in medical history, there are plenty discussing heat stroke. In 24 B.C., Aelius Gallus lost a large part of his army to heat stroke while leading a campaign against Arabia. The ailment of his soldiers, later recorded by Roman senator Dio Cassius, is consistent with descriptions of heat stroke. Records also show the first U.S. Navy death was due to heat stroke. Diane Labombarbe / Getty Images Certain people are more at risk of developing heat exhaustion than others. These include: Children, who experience a greater heat transfer from the environment than adults.Older adults, whose cardiovascular systems often cannot take the strain of heat dissipation,Athletes, who exercise vigorously even in the heat, and,Outdoor workers, who have no choice but to be exposed to heat. Other groups include people with chronic illnesses, pre-existing conditions, people on medication, and those without access to properly ventilates and cooled homes. C5Photography / Getty Images There are two types of heat exhaustion: one that occurs when the body is depleted of salt and one when the body is depleted of water. They have similar symptoms and can both be treated by prompt electrolyte consumption. Plain water may only further drain sodium levels, so liquids with electrolytes are a better choice. Manjit Seekhao / Getty Images The terms heat exhaustion and heatstroke are often used interchangeably, but they are two different stages of heat illness. Heat exhaustion, if left untreated, turns into heat stroke and can have disastrous consequences. The symptoms of heat stroke include hot and dry skin, rapid shallow breathing, and organ and circulation failure. The condition can lead to death. If a person suspects they may have heat stroke, they should seek emergency medical care immediately. AntonioGuillem / Getty Images Animals can also experience heat exhaustion. Small pets like cats and dogs can develop heat exhaustion and then heatstroke within minutes of exposure. Pets should always be left in cool, air-conditioned areas because their bodies are unable to cool like huamns. Pets are much more likely to go untreated for heat exhaustion and heatstroke symptoms, but the conditions are no less fatal. Proper precautions, such adequate water and cool surroundings, are vital to animals in dangerous heat. Kyril Gorlov / Getty Images Imagine jumping in a pick-up game of basketball with some neighborhood friends, playing as hard as ever. It's summer, and the weather is hot and humid.Thirty minutes later, you're exhausted. You look around for a bottle of water and realize you forgot to bring one. In fact, you haven't had anything to drink for hours.Your heart's racing, you're sweating more than usual and feeling slightly dizzy. You also feel nauseous.It's possible you have heat exhaustion.Heat exhaustion occurs during prolonged exposure to high temperatures, and often leads to excessive sweating and dehydration. It's one of several conditions that fall under the broader umbrella of heat-related illnesses, the most serious of which is heat stroke [source: UMMC].Left untreated, heat exhaustion can become the more dangerous heat stroke, which can lead to permanent injury or death [source: CDC].Though not inherently deadly, heat exhaustion's ability to escalate is the primary reason to take the condition seriously.So what happens to the human body during heat exhaustion?When a person is exposed to higher-than-normal temperatures, his or her body will sweat as a cooling mechanism. But if a person sweats too much without replacing the water and vital nutrients, dehydration kicks in and the body can't keep up with its rising temperature. This is doubly dangerous in humid weather, where sweat evaporates slower, delaying cooling off of the body [source: CDC]. When the body can no longer control its temperature, the effects of heat exhaustion kick in [source: UMMC].As we've pointed out, keeping heat exhaustion in check is essential in preventing heat stroke.In this article, we'll look at five supplements that assist the human body in both warding off and recuperating from heat exhaustion.But first an important note: Water, water, water. Though not a supplement on this list, water is the most important thing a person should consume when overheated. Drinking cool water both replaces that lost to sweating and assists in bringing down your core body temperature. Just make sure it's not too cold to avoid stomach cramps [source: CDC]. With a record-breaking heat wave roasting the Pacific Northwest, it's important to not only stay relatively cool but to actively avoid experiencing heat exhaustion and the more serious heat stroke. Knowing the signs of both can help keep you and your friends and family safe.Heat stroke is a serious condition that can result in seizures, organ failure, and more. And before you get heat stroke, you'll experience a milder condition called heat exhaustion. Both conditions occur when the body overheats. Normally, our bodies try to cool us down by bringing hot blood from our core to the surface of the skin, where we radiate that heat into our environment. The evaporation that results from sweating also helps to cool our skin. We get into trouble when the environment is too hot or too humid for these mechanisms to cool us down.Who is at risk for heat illness?Heat stroke in healthy people is often associated with exercise, since working out raises your core temperature. This is especially the case if you're not very fit, or if you're used to working out in cooler weather. As you get used to exercising in the heat, your body learns how to cool itself more efficiently.Things that increase the risk of heat exhaustion and heat stroke include: Exercising in high temperatures and humidityPoor fitnessBeing large (whether you're obese or very muscular)DehydrationWearing or carrying gear, like football pads or a hiking packDrinking alcoholUsing certain medications or supplements, including beta blockers and diureticsAny disability or illness that makes it harder for you to get out of the heat or to cool yourselfSigns and symptoms of heat exhaustionHeat exhaustion occurs when your core body temperature is elevated, but not enough to involve your brain. If you or an overheated friend shows any sign of being confused, for example, assume it's heat stroke and get medical help right away. Signs and symptoms of heat exhaustion may include, according to the CDC: DizzinessNausea and vomitingHeadacheFatigue or weaknessHeavy sweating Cold, pale, and clammy skinA fast, weak pulseIf you begin to feel these symptoms, start cooling yourself down right away: move to the shade or air conditioning, loosen your clothing, have a cold drink, and keep watch for any signs that you're feeling worse or not getting better. If you haven't recovered within an hour, seek medical help. Signs and symptoms of heat strokeHeat stroke occurs when the body's temperature is extremely high (over 104, taken rectally) and can affect the brain as well as the body.Heat stroke is a serious condition, so if you suspect it, get medical help right away. If you're at an event with medical staff (like if you're running a marathon or playing in a football game), alert them. Otherwise, call 911 or the emergency number for your area. Signs of heat stroke can include some of the symptoms above, like headache, dizziness, and nausea, plus: Confusion, irritability, or hallucinationPassing out or collapsingTrouble walkingSeizuresReddened skin, with or without sweatingYou can help the person cool down while you wait for help. Medical staff may decide it's best to cool the person down before transporting them to a hospital, but that depends on whether the person needs other medical treatment. The ideal way of cooling down a person with heat stroke is to put them in a tub of cold water with ice, and stir the water constantly. If that's not possible, a cold shower or a cold hose can work, or apply icy wet towels to the person's body and swap them out every three minutes or whenever they stop being icy cold.This post was originally published on July 6, 2018 and was updated June 2021 to reflect current information and style. Readers Comments 2 Share Your Story Heat exhaustion is a condition that occurs when the body overheats.Heat exhaustion is caused by the failure of the body's cooling mechanism to maintain a normal core temperature.Symptoms of heat exhaustion may includeHeat exhaustion is diagnosed based on the patient's history of heat exposure, physical exam, symptoms and a body core temperature that is elevated.Treatment for heat exhaustion includes removing the individual from the hot environment, cooling the body, and rehydration.Complications of heat exhaustion include progression to heat stroke, a medical emergency that can lead to permanent organ damage and death. In pregnant women, it may harm the fetus.Heat exhaustion can be prevented by adequate fluid intake and decreasing strenuous activity in hot environments. Pregnant women develop more heat intolerance as their pregnancy advances.Animals (dogs and cats, for example) can develop heat exhaustion, and treatment and prevention are similar to that of humans. The main cause of heat exhaustion is the failure of the body's cooling mechanism (mainly evaporative sweating) to maintain a normal core body temperature, resulting in the body overheating. This can occur in adults, children, and animals (dogs and cats, for example). Factors that can contribute to heat exhaustion includestrenuous work or exercise in a warm or hot environment,dehydration,alcohol intake, andwearing clothing that inhibits evaporative cooling of the body.The elderly and children under 5 years of age are at higher risk for developing heat exhaustion. Emotional trauma is best described as a psychological response to a deeply distressing or life-threatening experience. See Answer People with heat exhaustion may have some or all of these symptoms:WeaknessMuscle crampsHeavy sweatingHeadacheNausea and vomitingWeak and rapid pulseThirstClammy skinDizziness and/or faintingIndividuals with heat exhaustion will generally have an elevated body core temperature (internal temperature, not skin temperature). Heat exhaustion in children occurs for the same reasons (causes) listed previously for adults, but children are more susceptible to dehydration. Symptoms of heat exhaustion may include:fatigue,nausea,vomiting,dehydration,a headache,clammy skin,rapid breathing, andirritability.Treatment of heat exhaustion in children is similar to that of adults.Put the child in the shade or an air-conditioned buildingLoosen or remove tight or excessive clothingCool the child with evaporative cooling (mist skin with cool water and use fans) or give the child a cool (not cold) bathEncourage Pedialyte or a sports drinkSeek medical careIf the child's body temperature reaches 105 F/40.5 C or above, or any other symptoms of heat stroke develop (such as the absence of sweating, seizures, lethargy or loss of consciousness), call 911 immediately. As is adults, untreated heat exhaustion in children may quickly progress to heat stroke and potentially death. The diagnosis of heat exhaustion is generally made after obtaining the patient's history and performing a physical exam. If the body core temperature is elevated (but less than 104 F/40 C in adults or less than 105 F/40.5 C in children), and the patient has had heat exposure along with the symptoms of heat exhaustion, then the diagnosis of heat exhaustion can be made. However, in some instances, blood and urine testing may be done to check for other causes or to detect certain abnormalities that may be associated with the early signs of heat stroke, such as electrolyte abnormalities, rhabdomyolysis (muscle breakdown) and/or kidney damage. Other tests may also be ordered to exclude other diagnostic possibilities, depending on your doctor's evaluation. Treatment for heat exhaustion should begin immediately when a person is suspected of having heat exhaustion, and the primary treatment is evaporative cooling and removing the person from the hot environment.The person should be placed in the shade or in a cool building while awaiting transport to a medical facility.Have the individual lie down, with their legs elevated above the level of the heart.Remove any restrictive clothing the person is wearing if it inhibits evaporative cooling.Cooling can be aided by misting the skin with cool water and then circulating air with fans in order to increase evaporative cooling (a cool water shower may also help, if available).Provide the person with refrigerated drinks such as Gatorade or other sports drinks.Additionally, intravenous fluids may be given by medical personnel to treat dehydration. Prevention of heat exhaustion is accomplished by taking reasonable precautions. The precautions are as follows:Avoid hot environments when possible (do not sit in a closed vehicle in the summer or do heavy physical work in hot areas without planned cool-down periods).Avoid sunburns.Wear clothing and light-weight clothing that does not fight tightly.Drink a lot of fluids (if your urine frequency slows or your urine seems more concentrated, you need to drink more fluids), and avoid alcoholic beverages.Give your body time (at least a few days) to adjust to a hot climate before doing strenuous activities.Check with your pharmacist or doctor to see if your medications may make you more susceptible to heat-related problems (for example, diuretics, sedatives, and stimulants).Infants, children, the elderly, and pregnant women are all more susceptible to heat exhaustion than other individuals because their bodies do not cool as efficiently. Infants, children and some elderly are dependent on others to manage their environment and to take precautionary measures to avoid heat exhaustion.Pregnant women develop more heat intolerance as the pregnancy progresses.Dogs and other animals may also be dependent on others to provide adequate precautions (shade, fluids) in order to avoid heat exhaustion. If people are treated early and effectively, then the prognosis for heat exhaustion is almost always very good. However, if heat exhaustion is not detected and treated, then heat stroke may develop resulting in possible organ damage, seizures, coma, and even death. An individual should be evaluated by a doctor or other healthcare professional if they develop symptoms consistent with heat exhaustion. This can result in the early diagnosis and treatment of heat exhaustion, which can prevent the individual from becoming worse and potentially developing heat stroke (body core temperature of 104 F/40 C or higher) and other complications. Animals with fur coats can overheat quickly in hot environments. Symptoms may vary according to the type of animal, so it is recommended that you consult with your animal's veterinarian about heat exhaustion.Though this article is not designed to cover animal heat exhaustion in depth, the signs and symptoms of heat exhaustion in dogs, for example, may include weakness and excessive panting. As with humans, the dog's core temperature may be elevated.Animals that show signs of heat exhaustion should be treated in the same way as humans (see above). For dogs (and cats), massage of the legs will help circulation and increase body cooling. 16 Surprising Headache Triggers and Tips for Pain Relief See Slideshow The body can lose significant amounts of water when it tries to cool itself by sweating. Whether the body is hot because of the environment (for example, working in a warm environment), intense exercising in a hot environment, or because a fever is present due to an infection; the body uses a significant amount of water in the form of sweat to cool itself. Depending upon weather conditions, a brisk walk will generate up to 16 ounces of sweat (one pound of water). See more pictures of dehydration causes » Helman, R.S., et al. Heatstroke Differential Diagnoses. Medscape. May 8, 2017. < - Helman, R.S. Heat Stroke. Medscape. May 18, 2017. < - Patient Comments & Reviews Heat Exhaustion - Experience Please share your experience with heat exhaustion. Post View 2 Comments Heat Exhaustion - Causes What was the cause of your heat exhaustion? Post Heat Exhaustion - Symptoms and Signs What symptoms and signs did you experience with heat exhaustion? Post Heat Exhaustion - Treatment What was the treatment for your case of heat exhaustion? 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