

Fast Facts

Heat Cramps

<i>Symptoms</i>	<i>Treatment</i>
<p>-Brief, painful, intermittent muscle spasms</p> <p><i>Seek medical attention:</i></p> <p>-Nausea, vomiting, dizziness, fatigue, headache, rapid heartbeat, shortness of breath, temperature > 104°F</p>	<p>-Rest in cool place (shaded or air-conditioned)</p> <p>-Replace fluid and electrolytes through sports drink or homemade salt solution (¼ to ½ salt to quart of water)</p> <p>-Seek medical attention if symptoms persist after trying first two options or unable to replace fluids/electrolytes due to nausea/vomiting</p>

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