

Signs and symptoms of heat exhaustion and heatstroke



Heat exhaustion

Heat exhaustion is not usually serious if you can cool down but contact 111 if you or someone else have any symptoms of heat exhaustion that don't improve within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency by ringing 999.



tiredness



dizziness



headache



feeling sick or being sick



excessive sweating



being very thirsty



fast breathing or heartbeat



a high temperature (above 38°C)



cramps in the arms, legs and stomach



weakness

Heatstroke

Call 999 now if you or someone is showing any of the signs of heatstroke which include:



still unwell after 30 minutes of resting in a cool place



hot skin that's not sweating and might look red*



fast breathing or shortness of breath



a very high temperature (40°C or above)



a seizure or fit



a fast heartbeat



confusion and lack of coordination



loss of consciousness