





Heat stress symptoms in infants, children and pregnant women

Population	Milder symptoms (Treat at home)	Severe symptoms (Take to hospital immediately)
General population 	<ul style="list-style-type: none"> • Dry lips, sticky mouth • Excessive thirst • Excessive sweating • Weakness, dizziness • Nausea, vomiting • Small blisters, rashes <ul style="list-style-type: none"> • Heat rashes • Mild, slightly high body temperature • Cramps, usually in arms and legs • Nosebleeds (common in hot and dry environments) 	<ul style="list-style-type: none"> • Confusion/not responding clearly, seizures, coma, very dull, not waking up (MOST SEVERE) • Very high body temperature for longer than two hours (40°C/104°F) • Fainting • No urine in more than eight hours • No sweating (but skin may be wet and hot) • Dark urine • Rapid heartbeat and breathing
Specific to infants and young children (up to 4 years of age) 	<ul style="list-style-type: none"> • Heat rashes in diapered area • Irritated and/or crying 	<ul style="list-style-type: none"> • Crying without tears • Sunken eyes and/or forehead • Vomiting or diarrhoea • Extreme irritability • Fewer wet diapers
Specific to older children and adolescents (approximately 4–19 years of age) 	<ul style="list-style-type: none"> • Expresses nausea • Expresses having headaches • Muscle cramps (especially after exercising outside, which is common for this age group) 	<ul style="list-style-type: none"> • Deep or severe muscle pain (especially after exercising outside, which is common for this age group)
Specific to pregnant women 	<ul style="list-style-type: none"> • Heat rashes in body areas that rub against each other • Muscle cramping in stomach 	<ul style="list-style-type: none"> • Very high body temperature • Extreme nausea • Early contractions • Swelling of body parts • Severe muscle cramping