

Heat safety

Overheating can occur quickly. It is important to watch for symptoms and take action quickly.

	MILD			SEVERE
Symptoms	• Dizziness and feeling faint • Muscle cramps or spasms	• Heavy sweating • Feeling sick or being sick (nausea/ vomiting)	• Headaches • Confusion • Weakness or tiredness	• A fast pulse rate • Hot, flushed (red), dry skin • Loss of consciousness
What to do	• Drink water or electrolytes	• Rest in a cool place • Remove excess clothing	• Cool the skin. Use a shower, or cool, damp towels or sheets	• Do not leave person alone • Seek immediate medical attention
	HYDRATE AND REST			EMERGENCY CALL 111

Health New Zealand
Te Whatu Ora

For free, expert health advice call **Healthline 0800 611 116**

This resource is available from healthed.govt.nz or the Authorised Provider at your local health district. **HE3368 | Revised October 2026**