

Health Impact of Heat: Heat-Related Illnesses-2026

- Normal human body temperature ranges between 36.4°C to 37.2°C (97.5°F to 98.9°F)
- Exposure to high outdoor and/ indoor temperatures can induce heat stress, directly and indirectly, leading to heat-related illnesses
- Heat-related illnesses include (from mild to severe)—**heat rash** (prickly heat), **heat oedema** (swelling of hands, feet and ankles), **heat cramps** (muscle cramps), **heat tetany**, **heat syncope** (fainting), **heat exhaustion**, and **heat stroke**.
- Heat stress may also exacerbate chronic diseases like cardiovascular, respiratory, kidney diseases
 - *Watch out for symptoms of heat stress, which include:*
 - dizziness or fainting;
 - nausea or vomiting;
 - headache
 - extreme thirst
 - decreased urination with unusually dark yellow urine
 - rapid breathing and heartbeat

Heat-related illnesses are preventable

If you or others feel unwell and experience any of above symptoms during extreme heat,

- Immediately move to a cool place and drink liquids. **Water is best.**
- Get help/medical attention
- Measure your body temperature

If you experience painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather),

- Rest immediately in a cool place, and drink oral rehydration solutions containing electrolytes
- Medical attention is needed if heat cramps last more than one hour

Heatstroke is a medical emergency!

Be aware of **Danger signs** & seek immediate medical attention if you observe

In adults	In children
<ul style="list-style-type: none"> • Altered mental sensorium with disorientation, confusion and agitation, irritability, ataxia, seizure or coma • Hot, red and dry skin • Core body temperature $\geq 40^{\circ}\text{C}$ or 104°F • Throbbing headache • Anxiety, Dizziness, fainting and light headedness • Muscle weakness or cramps • Nausea and vomiting 	<ul style="list-style-type: none"> • Refusal to feed • Excessive irritability • Decreased urine output • Dry oral mucosa & absence of tear/sunken eyes • Lethargy/altered sensorium • Seizures • Bleeding from any site

- Rapid heartbeat/Rapid, shallow breathing

Call 112 immediately
if you find someone with
high body temperature and is either
unconscious, confused, or
has stopped sweating

Cool the person right away, while waiting, by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin or clothing; and
- fanning the person as much as possible



National Programme
on Climate Change
and Human Health