



DID YOU KNOW????

Over-exposure to heat can cause serious illness and even death.

Learn to recognize the early warning signs of heat-related illnesses. Although we are all at risk, young children, the elderly, and those who are sick or overweight are most vulnerable.

TAKE CARE IN EXTREME HEAT

Heat wave

During hot weather, the body must work extra hard to maintain a normal body temperature. Excessive heat can result in serious health threats by pushing the body beyond its limits.

SUMMER HEAT SAFETY TIPS:

- Drink plenty of fluids, even if you do not feel thirsty.
- Avoid drinks with caffeine, large amounts of sugar, or alcohol in them.
- Slow down. Avoid strenuous activity.
- Avoid too much sun or stay indoors if possible.
- When working outdoors, take frequent breaks, and use the buddy-system.

Heat Related Illnesses

HEAT CRAMPS: Painful spasms, mostly in legs or abdomen due to heavy exertion.

What do do: Get person to a cooler place and have him/her rest comfortably. Apply pressure/gentle massage to cramping muscles. Replenish fluids-clear juice /sports beverage. Do not return to strenuous activity for a few hours after the cramps subside.

HEAT EXHAUSTION: Can develop after several days of exposure to high temperatures and inadequate replacement of fluids.

Symptoms: Heavy sweating, weakness, paleness, muscle cramps, tiredness, dizziness, headache, fainting and nausea/ vomiting possible.

What to do: Have person lie down in a cool place or take cool shower/bath/spongebath. Have person drink cool water/nonalcoholic beverages, wear lightweight clothing.

HEAT STROKE: Occurs when the body is unable to regulate its temperature, sweating mechanism fails, body unable to cool down.

Symptoms: High body temperature (103+), hot, dry skin (unless person was recently sweating from heavy exertion), rapid pulse, throbbing headache, dizziness, nausea, confusion, changes in consciousness.

What to do: Seek emergency medical attention, move person to cooler environment. Cool body with bath, shower or wrap in cool, wet, sheet. Do not give fluids.