



## MONTHLY PREPAREDNESS TOPIC

### HOW TO PREPARE:

With high heat comes a responsibility to prepare and take precautions against potential heat illness.

- Know the symptoms and suggested treatment for each heat illness.
- Monitor yourself and use the buddy system if possible.
- Block direct sun or other heat source.
- Adapt to outdoor exercise gradually.
- Wear lightweight, light-colored, loose-fitting clothing.
- Avoid alcohol, caffeine, or heavy meals.
- Drink plenty of fluids, about every 15 minutes, and begin before you feel thirsty.
- Do not take salt supplements, unless prescribed by a physician.

# HOT WEATHER ILLNESS

## HEAT STROKE

A life-threatening condition that affects the central nervous system. It can occur in any temperature, but is most common in hot summer months when prolonged dehydration occurs.

### SIGNS AND SYMPTOMS

- Red, hot, dry skin
- Throbbing headache
- Lack of sweat
- Irrational behavior
- Altered consciousness
- Disorientation
- Collapse/Unconsciousness
- Seizures

### TREATMENT

**Call 911** and immediately remove the individual from heat and activity to a cool area as quickly as possible.

- Move to cool, shady area, preferably an air conditioned environment if possible.
- Wet clothing/skin and fan air to increase cooling.
- Apply ice packs to armpits, groin, neck, and back to cool underlying blood flow
- Whole body cool water immersion.

## HEAT EXHAUSTION

### SIGNS AND SYMPTOMS

- Pale coloring
- Heavy sweating
- Rapid heartbeat
- Fatigue
- Nausea / Vomiting
- Diarrhea
- Increased core temp
- Decreased muscle coordination

### TREATMENT

- Individual should be moved to a cool shaded area.
- Remove excess clothing.
- Elevate legs to prevent blood pooling.
- If able to swallow, rehydrate with water or sports drinks



## TIPS!

- Remember that with extreme heat comes UV rays! Always remember to wear SPF 15 or higher when outdoors!
- Drink at least 2 glasses of water for every hour of physical activity.
- Ask your local health department about access to heat relief shelters in your area.



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