

STRATEGIES TO REDUCE HEAT RELATED ILLNESS

1. Increase your fluid intake.
Drink plenty of water. Don't wait until you're thirsty to drink.



2. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.

3. Choose lightweight, light-colored, loose-fitting clothing. Protect yourself from the sun by wearing



a wide-brimmed hat along with sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out.



4. Limit your outdoor activities and plan for these in the morning and evening hours.

5. Stay indoors and, if possible, stay in an air-conditioned place such as the mall, supermarket or library. Call you town or health department to find out information about cooling stations.



WHAT IS EXTREME HEAT?

Extreme heat is when temperatures are 10 degrees or more above the average high temperature for a region and lasts an extended period of time. People may suffer heat-related illness when their bodies cannot cool themselves. The body normally cools itself by sweating. But under some conditions, such as high humidity, sweating just isn't enough. In such cases, a person's body temperature rises rapidly.

Factors that could affect the body's ability to cool itself include:

high humidity, poor circulation, age, dehydration, heart disease, mental illness, medications, sunburn, fever, obesity, and alcohol use.

The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, **even young and healthy individuals can be affected by the heat** playing sports or working hard during hot weather.

Air conditioning is the best protection against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public places that are air conditioned.

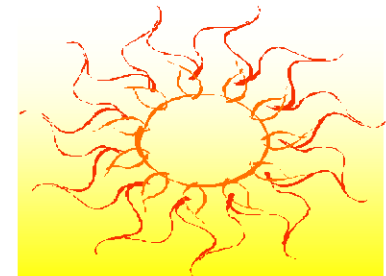
This pamphlet tells how you can prevent, recognize, and cope with heat-related health problems.

KEEPING COOL

when the

HEAT IS ON

A Guide to Promote
Personal Health and
Safety in an Extreme
Heat Event



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BRINGING GOOD HEALTH TO THE COMMUNITY



HOT WEATHER HEALTH EMERGENCIES:

KNOW THE SYMPTOMS OF HEAT DISORDERS AND OVEREXPOSURE TO SUN

HEAT STROKE:

Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweat to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Symptoms include —

- Vomiting.
- Decreased alertness level or complete loss of consciousness.
- High body temperature (sometimes as high as 105 degrees).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse.
- Rapid, shallow breathing.

If you suspect Heat Stroke Call 9-1-1 IMMEDIATELY!!

HEAT EXHAUSTION:

Typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly.

Symptoms include—

- Cool, moist, pale skin (the skin may be red right after physical activity).
- Headache.
- Nausea.
- The skin may or may not feel hot.
- Dizziness and weakness or exhaustion.

If symptoms last for more than an hour call 9-1-1

HEAT CRAMPS:

Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

Symptoms include—

- Rapid heartbeat.
- Hot, sweaty skin.
- Dizziness.
- Fainting and exhaustion.
- Nausea and vomiting.

If symptoms last for more than an hour call 9-1-1



Cool off the victim. Get the them into the shade and give them fluids to drink.