

JULY 2021

Beat the Heat! Enjoy the Summer!

Heat Exhaustion

SIGNS AND SYMPTOMS

- Heavy sweating
- Weak or rapid pulse
- Fast, shallow breathing
- Paleness
- Cold, moist skin
- Chills
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting

If you see any of these signs, it's important to seek help and take immediate actions to cool the body.

TO REDUCE BODY HEAT, COOL THE BODY BY:

- Stop exercising right away
- Moving to a shaded area or indoors, preferably to an air-conditioned space
- Drinking cool, non-alcoholic beverages
- Resting
- Taking a cool (not cold) bath, shower, or sponge bath
- Wearing lightweight clothing

Get medical attention if symptoms get worse or last longer than one hour.

Heat Stroke

SIGNS AND SYMPTOMS

- Very high body temperature (above 103° F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Confusion
- Dizziness
- Throbbing headache
- Upset stomach
- Passing out

Heat stroke can be life threatening. If you see any of these signs, call for medical help immediately. While waiting for medical help to arrive, you can assist a person with heat stroke.

TO REDUCE BODY HEAT, COOL THE BODY BY:

- Moving the person to a shaded area or indoors, preferably to an air-conditioned space
- NOT giving the person fluids
- Cooling the body by:
 - Placing the person in a cool (not cold) bath or shower
 - Spraying them with a garden hose or spritzing with cool water
 - Sponging them with cool water
 - Fanning them

Continue efforts to cool the person until medical help arrives.

Tips to Lower Your Risk for Heat-Related Illness

- Avoid exercise in the early afternoon; the sun is usually at its hottest between noon and 3 p.m.
- Drink water before, during, and after physical activity
- Dress appropriately; wear lightweight (moisture-wicking), light-colored, loose-fitting clothing
- Take frequent breaks in the shade