HEAT SAFETY

What are the heat related illnesses?

- **Heat Stroke** is a life-threatening emergency where the body temperature rises quickly.
  
  *Symptoms include:*
  
  - Hot, dry skin, high body temperature, rapid pulse
  - Confusion, delirium, dizziness or loss of consciousness
  - Seizures or convulsions

- **Heat Exhaustion** can precede heat stroke and includes cramps plus the following:
  
  - Pale sweaty skin
  - Weakness or fatigue
  - Headache, nausea, and/or dizziness
  - Fast weak pulse and fast shallow breathing

- **Heat Cramps** are severe cramping of muscles because of dehydration usually while exercising in the heat.

- **Heat Rash** is skin irritation caused by excessive sweating.

What can I do to prevent Heat Related injuries?

- Drink lots of fluids, especially water. Keep cold water with you whenever you are outside. Talk to your doctor about how much to drink if you must limit liquids.

- Be sure to replace salt either by eating something salty or drinking some (not all) of your liquids as sports drinks. Talk to your doctor if you must limit salt.

- Wear light weight, light colored, loose fitting clothing.

- Limit outside activities to morning before noon and evening after 6pm and stay in shade as much as possible

What **NOT** to do in the extreme heat!

- Avoid hot foods and heavy meals. Eat more frequent, smaller meals.

- Avoid caffeinated, sugary drinks and alcohol as they can increase water loss.

- Never take a cool shower immediately after becoming overheated.

HEAT ILLNESSES CAN KILL. PREVENTION AND RAPID RESPONSE ARE CRITICAL