

HOT TOPICS:

Summer temperatures are back! Hot weather can be life-threatening. Use common sense and caution to prevent a tragedy. Many activities that were appropriate in cooler weather can have deadly consequences during the hot weather months. HEAT STROKE, HEAT EXHAUSTION, and MUSCLE CRAMPS can be serious and possibly life-threatening. These conditions can occur when someone gets more hot weather than their body can handle.

## **Avoid a Traged**

- Never leaving people or animals in a vehicle not even for a second! Temperatures inside a car can reach 130°F 150°F within the first 5-15 minutes — even if the outside temperature is only in the 80's!
- Doing a "head-count" when going to and returning from an activity. Make sure everyone is on-board before leaving any location.
- Not allowing individuals to stay at outside areas for more than 15-20 minutes at a time. Use a timing device if necessary.
- Drinking plenty of fluids to keep hydrated. Water is best! Avoid sweet drinks, caffeine, and alcohol. These further dehydrate the body.
- Keep an ample supply of water available in vehicles. Carry bottled water in all vehicles for yourself, your passengers, and for anyone who might be suffering from the heat.
- Monitoring individuals with fluid restrictions. Call their doctor to adjust the amount needed during hot weather.
- Wearing appropriate clothing: loose fitting, light colors, light fabrics, long sleeves, and a hat.
- Avoiding the midday sun. Schedule outdoor activities before 10am. Be aware that 1:00pm in the summer is not the right time to walk to the convenience store.
- Monitoring individuals taking blood pressure, behavioral, anti-depression, and allergy medicines. These medications decrease sweating and may compromise the body's cooling system.

# **Heat Stroke & Heat Exhaustion are Medical Emergenices:**

### SYMPTOMS

- MUSCLE PAIN or \$PASMS (early symptom)
- FLUSHED, HOT, CLAMMY SKIN
- **EXCESSIVE OR NO SWEATING**
- WEAKNESS
- **HEADACHE**
- **DIZZINESS**
- **NAUSEA**
- VOMITING
- CONFUSION
- FAST, SHALLOW BREATHING
- **FAST HEARTBEAT**

### **TREATMENT**

- Response time will be critical! Call 9-1-1 Emergency Services.
- Move to a cooler place.
- Cool down the person with cool water (shower or bath).
- If the person is conscious, offer cool fluids not ice-cold fluids, which may cause stomach cramps.
- Do not wrap the person in wet towels this may heat them up.
- CPR (Cardio-pulmonary Resuscitation) may be needed if the person stops breathing or pulse cannot be detected.

"Heat Hazards" is for general information only and is not a substitution for medical treatment from a physician. IN ANY HEAT-RELATED ILLNESS EMERGENCY, CALL 9-1-1 IMMEDIATELY!

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