



Summer is Back in Town

Heat stroke or sunstroke, also known as hyperthermia, is a condition which occurs when the body absorbs more heat than it can handle. This usually happens due to excessive exposure to heat. This can be a medical emergency that requires immediate medical attention.

How to avoid heat related illness?

- Drink plenty of fluids. One of the body's most important methods of temperature regulation is perspiration (sweating). If your body becomes dehydrated this prevents the production of sweat which causes the body temperature to rise swiftly. Did you know some medications can also diminish the body's ability to produce sweat? These medications include but are not limited to certain blood pressure medications, antipsychotic medications, some antidepressants, laxatives, and antihistamines.
- Dress appropriately. Wear lightweight, loose fitting clothing. Avoid dark colors which can absorb heat. A hat can limit your exposure to the sun.
- Avoid the midday sun.
- Wear sunscreen. A sunburn decreases the body's ability to cool itself.
- Never leave people or pets inside a parked vehicle.
- Avoid beverages containing alcohol, caffeine or large amounts of sugar as they can dehydrate the body.

Symptoms of heat related illness.

- Weakness
- Headache
- Dizziness
- Muscle cramps
- Nausea and vomiting
- Rapid heartbeat
- Confusion

Heat stroke is a medical emergency so if you suspect an individual has heat stroke call 911. Move the person into a cool area. Try and get the individual to drink fluids. Do not offer ice cold fluids as this can cause stomach cramping. If the individual can assist you, offer a cool shower or bath. Do not wrap the person in wet towels or clothes as this can actually act as insulation and increase rather than decrease the body temperature. Cold compresses to the head, neck and groin will help cool the individual.

Remember, the best solution is to take precautions to avoid sun related illness!