

Warning Signs and Symptoms of Heat-related Illness

- Heat Cramps
 - Muscle pains or spasms that occur usually in the legs, arms, or abdomen.
 - They may occur during strenuous activity and can be a prelude to heat exhaustion.
- Heat Exhaustion

– Heavy sweating	– Tiredness	– Headache
– Paleness	– Weakness	– Nausea or vomiting
– Muscle cramps	– Dizziness	– Fainting
- Heat Stroke

– Body temperature above 103°F	– Dizziness
– Red, hot, and dry skin with no sweating	– Nausea
– Rapid, strong pulse	– Confusion
– Throbbing headache	– Unconsciousness

Prevention

- Air conditioning is the number one protective factor! Stay in an air-conditioned place. If your home isn't air-conditioned, visit the mall, public library, or contact your local health department to see if there are any heat-relief shelters in your area.
- Increase fluid intake to two to four cups (16-32 ounces) of cool fluids every hour. If you're on water pills or restricted fluid limit, consult your physician first.
- Avoid liquids that contain alcohol or large amounts of sugar, which cause you to lose body fluid. Very cold drinks can cause stomach cramps and should be avoided as well.
- Wear lightweight, light-colored, loose-fitting clothing and sunscreen with a SPF 15 or higher and broad spectrum or UVA/UVB protection.
- NEVER leave anyone, especially children and elderly, in a closed, parked vehicle, even if the windows are cracked.
- Check on at-risk populations at least twice a day and closely monitor them for any warning signs. At-risk populations include:
 - Infants and children
 - People over 65 years of age
 - People with a mental illness
 - People who are physically ill, especially with heart disease or high blood pressure

First Aid for Heat Illness

- Seek medical attention immediately for extreme heat illness.
- Take a cool shower or bath to lower body temperature.
- Drink cool liquids that do not contain sugar or alcohol.
- Get to an air conditioned environment or shady area and rest.

Internet Resources

- <http://emergency.cdc.gov/disasters/extremeheat/index.asp>
- <http://www.safekids.org/safety-basics/safety-guide/kids-in-and-around-cars/never-leave-your-child-alone.html>
- <http://www.cdc.gov/niosh/docs/2011-174/pdfs/2011-174.pdf>

Hot summer temperatures increase the risk of heat illness.

Learn the warning signs to protect yourself and others.

Air conditioning is the number one protective factor.

Never leave children, elderly or ill people in a closed, parked car.

Increase fluid intake.

Wear lightweight clothing and sunscreen.

Many injuries happen in predictable, preventable ways.

Live Injury-Free!