

As the temperature rises our body struggles to disperse the heat it produces. Heat—related illnesses can escalate rapidly, causing delirium, organ damage and even death.

THOSE MOST AT RISK ARE:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness.
- People who work outdoors
- Athletes and people who like to exercise—especially beginners.
- Individuals taking medications that alter sweat production

HELPFUL TIPS TO TRY TO KEEP YOU COOL:

- Wear light colored clothing that breathes and allows air movement. Long sleeves and long pants provide the best protection.
- Use sunscreen and re-apply during the day.
- Wear a wide brim hat.
- Take a break in shaded, cool areas—buildings or air conditioned vehicles.
- Use natural ventilation, fans and blowers to keep the air moving.
- If possible, schedule work indoors when the sun is at it's highest—10am to 2pm.
- Keep a sun shade in your car to try to keep the temperature down for your commute.
- Drink plenty of cool water throughout the day.

HEATSTROKE—when the body is unable to control its temperature and can cause death or permanent disability.

Symptoms:

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

First Aid:

- Call for emergency help immediately.
- Move the person to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.
- Do not give aspirin or acetaminophen.
- Do not give the victim anything to drink.

HEAT EXHAUSTION—the body's response to an excessive loss of water and salt, usually through sweating. Uncontrolled heat exhaustion can evolve into heat-stroke, so make sure to treat the victim quickly.

Symptoms:

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

First Aid:

- Rest in a cool area.
- Drink plenty of water or other cool non-alcoholic beverages.
- Take a cool shower, bath or apply wet towels to body.

HEAT CRAMPS—affect workers who sweat a lot during strenuous activities. Sweating depletes the body's salt and moisture levels.

Symptoms:

- Muscle cramps
- Spasms in the abdomen, arms or legs.

First Aid:

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.
- Stretch affected muscles.

OTHER HELPFUL TIPS:

- Make sure your pets have plenty of shade and water if they are outdoors.
- **NEVER** leave a pet in a car, not even with a window cracked.
- If it's too hot on the ground for your bare feet, it's too hot for your pet's.
- Babies 6 months and younger get hot quickly and can't wear sunscreen, so keep them inside or in the shade.
- Protect kids faces and heads with a hat.
- Don't forget the sunscreen for the kids. Apply 30 minutes before they go outside.
- **NEVER** leave children in the car. Over the last 20 years, more than 600 kids have died as a result of being left in a hot car. If you need a tip to remember, take off your left shoe and put it in the back seat. You won't walk away from your car without your shoe.
- Check on the elderly often. They are highly susceptible to the heat.
- If you are using a window unit air conditioner, make sure that you use a special, heavy duty extension cord appropriate for high wattage appliances.