

Heat Related Illness

What is Heat Stroke- Heat stroke is the most dangerous heat related illness and requires immediate medical attention. It happens when the body becomes too hot, and loses its ability to control its temperature. As your temperature rapidly rises, your sweating system fails, and your body cannot cool down.

What are the symptoms of Heat Stroke?

- A very high temperature (above 103 degrees)
- Red, hot, and dry skin
- Rapid and strong pulse
- Nausea, dizziness, or fainting

Heat Exhaustion- Heat exhaustion is a milder form of heat-related illness. It happens when you are exposed to high temperatures for several days, and do not replace your body's fluids.

What are the symptoms of Heat Exhaustion?

- Heavy sweating
- Weakness
- Nausea or vomiting
- Fainting

How Do I prevent Heat Stroke and Heat Exhaustion?

- ✓ Drink more water than usual. Don't wait until you are thirsty to drink.
- ✓ Buddy up! Check on a friend and have them do the same for you
- ✓ Use air conditioning if you have it in your home, visit a cooling center or splash pad in your area.
- ✓ Try not to use your stove and oven.
- ✓ Keep the sun out of your home by closing your curtains or window shades.
- ✓ Spray or sponge yourself with cool water.
- ✓ Take a cool shower or bath.
- ✓ Schedule tasks for earlier or later in the day to avoid midday heat.
- ✓ Wear loose, lightweight, light-colored clothing.
- ✓ Wear and reapply sunscreen as indicated on the package. Avoid direct sunlight.
- ✓ Check local news for extreme heat alerts and safety tips.
- ✓ See medical care immediately if you have symptoms of heat-related illness.

