

# HEAT RELATED ILLNESS



## What To Do When The Desert Heats Up

### YOU CAN FOLLOW THESE PREVENTION TIPS TO PROTECT YOURSELF FROM HEAT-RELATED STRESS:

On hot days, drink cool, nonalcoholic beverages. Also, avoid extremely cold liquids because they may cause cramps. Rest. Take a cool shower, bath, or sponge bath. If possible, seek an air-conditioned environment. If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off. Avoid the sun, and limit physical activity during the afternoon when the sun is the hottest. Wear lightweight clothing.

Do not engage in strenuous activities. If possible, remain indoors in the heat of the day.

### INDICATIONS OF HEAT RELATED ILLNESS:

Heat related illness ranges in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint or dizzy
- Confusion or anxiety
- Nausea
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin
- Muscle aches or cramps
- Headache

#### Heat stroke symptoms include:

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Hot, flushed, dry skin
- Rapid heart rate
- Decreased sweating
- Shortness of breath
- Increased body temperature (104 to 106 degrees Fahrenheit).
- Confusion, delirium or loss of consciousness.
- Convulsions.



### **ANIMALS SUFFER TOO!**

Never leave pets in direct sun or in a car. Always provide shade and plenty of cool water.

### FOLLOW THESE STEPS IF YOU SUSPECT HEAT RELATED ILLNESS:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

**Don't hesitate to call 9-1-1 if you suspect you're in danger of heat-related illness!**