



Beat the Heat

Recognize and avoid the signs of heat-related illnesses

SIGNS OF A HEAT-RELATED ILLNESS:

- **Sunburn:** Caused by overexposures to sunlight. Pain/discomfort, redness or blistering/peeling of skin.
- **Heat rash:** Caused by clogged sweat ducts. Red rash and itching.
- **Fainting:** Caused by not being accustomed to the heat. Feeling weak, dizzy and/or exhausted, about to lose consciousness.
- **Heat cramps:** Painful spasms of the muscles caused by salt loss. Sudden onset, hot/moist skin, normal pulse, normal to slightly high body temperature.
- **Heat exhaustion:** Caused by loss of large amount of fluids through heavy sweating. Intense thirst from dehydration, cool, moist skin (clammy and pale), weak and rapid pulse, low to normal blood pressure, extreme fatigue, weakness or loss of coordination, nausea, headaches and/or delirium.
- **Heat stroke:** Caused when the body can no longer regulate its temperature.
 - **Early symptoms:** Body temperature above 103 degrees; absence of sweating; red, hot or flushed dry skin; rapid pulse; difficulty breathing; constricted pupils; high blood pressure; headache or dizziness; confusion or delirium; bizarre behavior; weakness; and/or nausea or vomiting.
 - **Advanced symptoms:** Seizure or convulsions, fainting, deep coma, no detectable pulse and/or body temperature over 108 degrees.

HOW TO BEAT THE HEAT:



Drink plenty of cool, clean water. Don't wait until you are thirsty to drink. Being thirsty is your body telling you you need water. Drink every 15-20 minutes to ensure proper hydration.



Eat well-balanced, low sodium meals and avoid alcohol or caffeinated beverages as they will further deplete your body of fluids and cause dehydration.



Dress appropriately by wearing a hat and light-colored, loose-fitting clothing.



Get plenty of rest. Fatigue can put additional stress on your body and make you more susceptible to heat exhaustion.



Avoid excessive sun exposure. If possible, schedule the most strenuous activities/tasks for early morning or night. Use sunscreen to prevent sunburn.



Take frequent breaks, preferably in a cool or shaded place.



If you think you are experiencing heat stroke, **call 911 immediately.**