

Prevent heat exhaustion and heatstroke by wearing light colored, loose fitting clothes; drink plenty of water; wear sunscreen and a hat; take a break in the shade if you feel like the heat is getting to you.

Heat exhaustion: Causes include exposure to high temperatures, particularly when combined with high humidity, and strenuous activity. Other causes are dehydration, alcohol use, & dressing in clothes made of synthetic material. Without prompt treatment, heat exhaustion can progress to heatstroke, a life-threatening condition.

Signs/Symptoms:

Cool, moist skin with goose bumps when in the heat

- *Heavy sweating
- *Faintness
- *Dizziness
- *Fatigue
- *Thirst
- *Weak, rapid pulse
- *Low blood pressure upon standing
- *Muscle cramps
- *Nausea
- *Headache

If you think that you are experiencing heat exhaustion:

- *Stop all activity and rest, loosen clothing
- *Move to a cooler place
- *Drink cool water or sports drinks
- *Apply cool water to skin
- *Go to ER if your symptoms worsen, do not improve within 1 hr. or if your temp is 104 F.**

Heatstroke: Cause is untreated heat exhaustion. Heatstroke is a life-threatening condition that occurs when your body temperature reaches 104 F (40 C) or higher. Heatstroke requires immediate medical care to prevent permanent damage to the brain & other vital organs that can result in death.

Signs/Symptoms:

Temperature as high as 104, mental confusion, personality changes, & hot dry skin.

- *Rapid heartbeat
- *Rapid and shallow breathing
- *Elevated or lowered blood pressure
- *Cessation of sweating
- *Irritability, confusion or unconsciousness
- *Feeling dizzy or lightheaded
- *Headache
- *Nausea
- *Fainting may be the first sign in older adults

If you suspect heat stroke:

Move the person out of the sun and into a shady or air-conditioned space.
Call emergency medical help.

Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan

Have the person drink cool water or other nonalcoholic beverage without caffeine, if he or she is able.