

*Hot summer temperatures increase the risk of heat illness.*

*Learn the warning signs to protect yourself and others.*

*Air conditioning is the number one protective factor.*

*Never leave children, elderly or ill people in a closed, parked car.*

*Increase fluid intake.*

*Wear lightweight clothing and sunscreen.*

*Many injuries happen in predictable, preventable ways.*

## Warning Signs and Symptoms of Heat-related Illness

### Heat Cramps

- Muscle pains or spasms that occur usually in the legs, arms, or abdomen.
- They may occur during strenuous activity and can be a prelude to heat exhaustion.

### Heat Exhaustion

- Heavy sweating
- Tiredness
- Headache
- Paleness
- Weakness
- Nausea or vomiting
- Muscle cramps
- Dizziness
- Fainting

### Heat Stroke

- Body temperature above 103°F
- Red, hot, and dry skin with no sweating
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

### Prevention

- Air conditioning is the number one protective factor! Stay in an air-conditioned place. If your home isn't air-conditioned, visit the mall, public library, or contact your local health department to see if there are any heat-relief shelters in your area.
- Increase fluid intake to two to four cups (16-32 ounces) of cool fluids every hour. If you're on water pills or restricted fluid limit, consult your physician first.
- Avoid liquids that contain alcohol or large amounts of sugar, which cause you to lose body fluid. Very cold drinks can cause stomach cramps and should be avoided as well.
- Wear lightweight, light-colored, loose-fitting clothing and sunscreen with a SPF 15 or higher and broad spectrum or UVA/UVB protection.
- NEVER leave anyone, especially children and elderly, in a closed, parked vehicle, even if the windows are cracked.
- Check on at-risk populations at least twice a day and closely monitor them for any warning signs. At-risk populations include:
  - Infants and children
  - People over 65 years of age
  - People with a mental illness
  - People who are physically ill, especially with heart disease or high blood pressure

### First Aid for Heat Illness

- Seek medical attention immediately for extreme heat illness.
- Take a cool shower or bath to lower body temperature.
- Drink cool liquids that do not contain sugar or alcohol.
- Get to an air conditioned environment or shady area and rest.

### Internet Resources

- <http://emergency.cdc.gov/disasters/extremeheat/index.asp>
- <http://www.safekids.org/safety-basics/safety-guide/kids-in-and-around-cars/never-leave-your-child-alone.html>
- <http://www.cdc.gov/niosh/docs/2011-174/pdfs/2011-174.pdf>

**Live Injury-Free!**