

Hot Weather Precautions

Heat Exhaustion:

- Increased thirst
- Weakness
- Fainting
- Muscle cramps
- Nausea & vomiting
- Irritability
- Headache
- Increased sweating
- Cool, clammy skin
- Body temperature greater than 105

Heatstroke: CALL 911 IMMEDIATELY

- Severe headache
- Weakness, dizziness
- Confusion
- Rapid breathing and heartbeat
- Loss of consciousness leading to coma
- Seizures
- May not be sweating
- Flushed, hot, dry skin
- Elevation of body temperature to 105 or higher



Heat Exhaustion - Heat Stroke

WHAT TO DO WHILE WAITING FOR HELP

- Bring victim indoors or into shade immediately
- Undress as much as possible
- The victim should lie down, with feet slightly elevated
- If the victim is alert:
 - place in cool bath water. If outside, spray with cool water from the garden hose
 - give sips of cool, clear fluids
- If victim is vomiting
 - place on his or her side to prevent choking

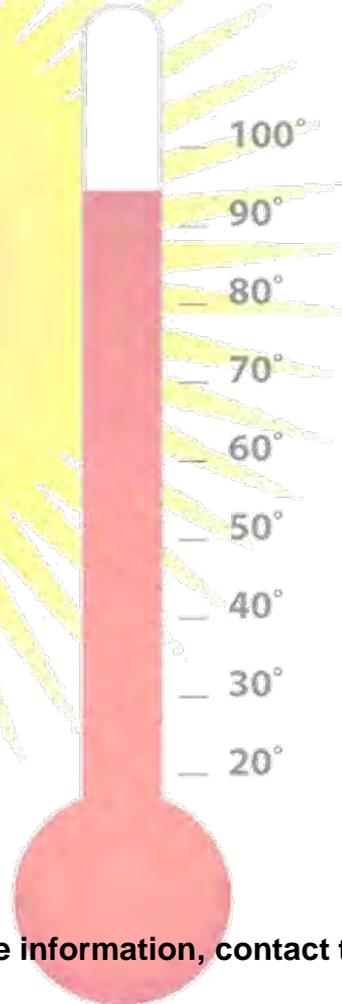
THINK PREVENTION

- Always drink plenty of fluids before and after activity in hot weather, even if you are not thirsty
- Wear light colored-loose clothing
- Curtail outdoor activities during the hottest part of the day
- Go indoors immediately if you feel overheated
- Never leave anyone, including pets in a parked vehicle – even for a short while



Hot Weather Precautions

The elderly, young children, people with chronic diseases and those without access to air conditioning are most at risk for heat related illness.



Staying in an air conditioned area, either at home or public places such as malls, libraries, or community cooling stations, is the best way to combat heat. If air conditioning is not available, open windows, pull down shades, and use fans to cool rooms.

