

BEAT THE HEAT

Stay Cool, Hydrated, and Covered



Public Health
Prevent. Promote. Protect.
BEAUMONT
Public Health

Heat Exhaustion Symptoms:

- Heavy Sweating
- Nausea

Heat Stroke Symptoms:

- Hot skin that has stopped sweating.
- Confusion or loss of Consciousness
- Body temperature of 103 °F or greater

Heat Injuries

Heat injuries can happen doing any activity in a hot environment. **Heat exhaustion** can happen when you lose too much water and salts through sweating. **Heat cramps** can happen when low salt levels inhibit muscle function. **Sunburn** can happen when your skin is exposed to the sun for too long. **Heat Stroke** can happen when the body no longer has the ability to cool itself down. Heat Stroke is a serious medical emergency that requires immediate medical attention.

Safe Summer Fun!

Prepare for your outdoor activities. Plan frequent breaks, preferably indoors or in a cool, shaded area. Drink water often. Eat well balanced meals. Cover exposed skin with light clothing or sunscreen with SPF 15 or higher. Try to avoid peak temperature times for activities.

Protecting Vulnerable Populations

Children may not be aware of when they are having a heat crisis. Make sure kids are protected from the sun, are drinking water, and taking breaks while on summer vacation. The elderly and people with underlying health conditions are more sensitive to extreme heat. Be sure to monitor their overall health during activities. If you have had a prior heat injury, you might be more susceptible to them in the future.

Hydration

We lose water and electrolytes when we sweat. Caffeinated drinks like soda can also dehydrate your body. Limit your caffeine and alcohol intake. Be aware of any medications that may dehydrate you. Sports drinks can be helpful if you are working or playing hard in the sun. Do not wait until you are thirsty to drink water!



“Enjoy and celebrate the summer! Rest before you are tired. Drink water before you are thirsty. Protect yourself from direct sunlight. Texas is hot. Beaumont knows how to stay cool!”

-Beaumont Public Health Department

