

HEAT WAVE SAFETY TIPS

Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place.

Take Cool Baths Or Showers. Cool water can remove body heat 25 times faster than cool air.

Wear lightweight, light-colored clothing that reflects heat and sunlight.

Drink plenty of water or other non-alcohol fluids
Drink water, fruit juices or sport drinks that can help replenish lost salts and minerals. These are preferable to soft drinks, coffee or alcohol, which can further dehydrate you.

Heat Exhaustion



Signs and Symptoms

- Moist and clammy skin, usually pale
- Pupils dilated
- Normal or subnormal temperature
- Weak, dizzy or faint
- Headache
- No appetite, nausea
- Rapid, shallow breathing

FIRST AID:

Lay down and loosen clothing.
Apply cool, wet cloths.
Fan or move victim to an air conditioned room.
Provide sips of water. If nausea occurs, discontinue. If vomiting continues, seek immediate medical attention.

Heat Stroke

Signs and Symptoms

- Dry hot skin, usually red
- Pupils constricted, later become dilated
- Very high body temperature
- Coma or near coma
- Pulse strong and rapid, becomes weak as damage progresses
- Mental confusion, anxiety, agitation
- Initially deep, rapid breathing becomes shallow and weak as damage progresses.
- Headache, dry mouth, shortness of breath.
- Loss of appetite, nausea, or vomiting.
- Increasing dizziness and weakness, decreased blood pressure.
- Convulsions, sudden collapse, and possible unconsciousness

**HEAT STROKE IS A SEVERE
MEDICAL EMERGENCY.
CALL 911 OR GET THE
VICTIM TO A HOSPITAL
IMMEDIATELY. DELAY CAN
BE FATAL.**