



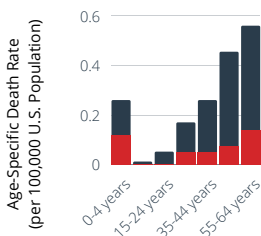
HEAT ILLNESSES

658

people succumb to extreme heat every year



Most incidents occur within the first few days of warm or hot environments



Heat-related illness, results from exposure to extreme heat where the body becomes unable to properly cool, resulting in a rapid rise in body temperature. Prompt treatment of heat-related illnesses with aggressive fluid replacement and cooling of core body temperature is critical to reducing illness and preventing death.

Heat Exhaustion

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

- Get to a cooler, air conditioned place
- Drink water
- Take a cool shower or use cold compress

Heat Stroke

- Throbbing headache
- No sweating
- Body temp above 100 degrees
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness

- Call 9-1-1!!!
- Take immediate action to cool the person until help arrives, heat stroke can be life threatening

What You Can Do!

- During heat waves, frequently check on people at risk for heat-related death, such as the elderly and disabled or homebound people.
- Never leave children alone in cars
- Limit sun exposure during midday hours
- Drink plenty of nonalcoholic fluids, and replace the body's salts and minerals, which sweating can release.
- Dress infants and children in cool, loose clothing and shade their heads and faces from the sun with hats or an umbrella.

Learn more by taking a first aid class: www.aedinstitute.com