

Brought to you by the South Heartland District Health Department



Heat-related illness

High temperatures and high humidity that we experience in the summer months can not only be miserable, but can also cause a range of heat-related illnesses, including heat stroke and heat exhaustion.

Take these steps to prevent heat-related illness:

- Drink plenty water to keep your body hydrated. Stay away from alcoholic and high sugar drinks, which can actually increase your body's fluid loss.
- Wear appropriate clothing including loose-fitting, lightweight, light-colored clothing.
- Apply sunscreen of SPF 30 or higher (sunburn interferes with your body's ability to cool itself).
- Schedule outdoor activities carefully to limit activity during the hottest part of the day.
- Pace yourself, especially if you are not used to working or exercising outside. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool place (at least into the shade) and rest. Watch for symptoms of light-headedness, confusion, or feeling weak or faint.
- Use a Buddy System when working or exercising in the heat to monitor your co-worker's or teammate's condition and for them to do the same for you. Heat related illness can cause a person to become confused or lose consciousness.
- Protect your pets. Be sure your pets have access to plenty of water and shady places to go when outdoors. Test sidewalks with your hand. If it's too hot for your hand, it's probably too hot for your pet. Avoid exercising with your pet outside on extremely hot days.

Heat Stroke

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

Heat Cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms

Heat Rash

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin or in elbow creases)