

# PREVENTION & AWARENESS



## Heat Stroke Awareness

### Tips on Heat Stroke Prevention

Stay hydrated—drink more water than usual. Don't wait until you're thirsty!

- Those at high risk for heat-related illnesses—the very young and the more mature population with chronic medical conditions should stay in an air-conditioned environment.
- If you are work outside, take frequent breaks. Stay cool. Pace yourself while working or exercising in hot weather.
- Do not leave children or pets in parked cars, even if the windows are cracked open. Cars can quickly heat up to dangerous temperatures.
- Protect your skin. Use sunscreen with a SPF 15 or higher.
- Cover up with a wide-brimmed hat. Wear lightweight and light-colored clothing.
- Leave pets plenty of water in shady areas or bring them inside.
- Check your local news for extreme heat alerts and safety tips.

### What to do for Heat Stroke

Symptoms of heat stroke include extremely high body temperature above 103° or higher, hot, red, dry or damp skin, no sweating, hallucinations, chills, throbbing headache, confusion/dizziness and/or slurred speech.

- Call 911 right away—heat stroke is a medical emergency.
- Move the person to a cooler place. Help lower the person's temperature with cool cloths or a cool bath. Do not give the person anything to drink.

### What to do for Heat Exhaustion

Symptoms of heat exhaustion include heavy sweating, extreme weakness or fatigue, dizziness/confusion, nausea, cold clammy/moist skin, pale or flushed complexion, muscle cramps, slight elevated body temperature and fast/shallow breathing.

Move to a cool place, loosen clothing & sip water.

Put cool, wet cloth on body or take a cool bath.

**Get medical help right away if you are: vomiting, your symptoms get worse, your symptoms last longer than 1 hour.**

