

# Extreme Heat Precautions

*Be Informed. Make a Plan. Build a Kit.*

## Extreme Heat

Exposure to extreme heat can create serious health problems, resulting in a condition known as heatstroke. Usually the elderly, the very young, those with other health conditions, and those without access to air conditioning or a source for hydration are most severely affected by heat.

## Symptoms of extreme heat complications

- Heavy sweating
- Muscle cramps
- Weakness
- Dizziness
- Nausea
- Weak, but rapid pulse
- Headaches

At first symptoms of heat-related complications, move to a cooler place, rest a few minutes, then slowly drink a beverage, preferably water, for rehydration.

Seek medical attention immediately if conditions do not improve.

## Symptoms of Heat Stroke

If fluids are not replaced soon enough, heatstroke can follow, causing:

- Extremely high body temperature
- Red, hot, and dry skin (no sweating)
- Rapid pulse, Throbbing headache
- Confusion, Brain damage
- Loss of consciousness
- Death

## How to Help a person showing extreme symptoms

- Get the victim out of the sun and heat.
- Call for emergency medical services.
- Immediately begin cooling the person with cool/cold water and fanning.

Staying in an air-conditioned area, either at home or in a public place such as a mall, library or recreation center, is the most effective way to combat heat. Pull the shades over the windows and use cross-ventilation and fans to cool rooms.

- Take a cool shower or bath.
- Limit the use of stoves and ovens.

Children are at higher risk of becoming dehydrated. Children should be encouraged to drink fluids frequently, especially water, and wear light-colored, loose-fitting clothes.

Check on children often, especially if they are outside in high temperatures.

## Other Heat Precautions

- Never leave people or pets in a closed, parked vehicle during hot weather. Drink plenty of fluids. Hydrate before going out into the heat.
- Plan strenuous outdoor activity for early morning or evening when temperatures may be lower.
- Take frequent breaks when outside.
- Wear sun block, hats, and light-colored, loose clothes.
- Check with a doctor about the effects of sun and heat when taking prescription drugs, especially diuretics, antibiotics, or antihistamines.

