

What is Extreme Heat?

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.



Who is at greatest risk for heat-related illness?

Those at greatest risk for heat-related illness include infants and children up to 4 years of age, people 65 years of age or older, people who are overweight, and people who are ill or on certain medications.

Heat-related illnesses happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Types of Heat-related illnesses:

What is heat stroke?

Heat stroke is the most serious heat-related illness. It occurs when the body is unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106° F or higher within 10 to 15 minutes.

What are the warning signs of a heat stroke?

- An extremely high body temperature (above 103°F)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Fainting

What to do?

- **Call 911 right away**
- 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 is heat exhaustion?

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

What are the warning signs of heat exhaustion?

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



What to do?

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Seek medical help right away if you are throwing up, your symptoms get worse, your symptoms last longer than 1 hour

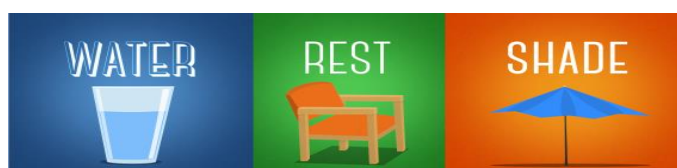


What is heat cramps?

Heat cramps are muscle pains or spasms- usually in the abdomen, arms, or legs- that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, seek medical attention for heat cramps.

What to do?

- Stop physical activity and move to a cool place
- Drink water, clear juice, or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Seek medical attention for heat cramps if they do not go away in 1 hour



Tips for Preventing Heat-Related Illness

Stay Cool



Stay Hydrated



Stay Informed



Stay Cool

- **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors:** Stay in air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library. Call your local health department to see if there are any heat-relief shelters in your area.
 - Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Use your stove and oven less to maintain a cooler temperature in your home.
- **Schedule Outdoors Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Pace Yourself:** Cut down on exercise during the heat.
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out.
- **Avoid Hot and Heavy Meals:** They add heat to your body!

Stay Hydrated

- **Drink Plenty of Fluids:** Drink more Fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
 - **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
 - **Stay away from very sugary or alcoholic drinks:** These drinks actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
 - **If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.**
- **Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.

Stay Informed

- **Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
- **Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.
- **Use a Buddy System:** If you are 65 years of age or older, have a friend or relative call to check on you twice a day.

Keeping Hydrated

Why is water important?

Dehydration is the loss of water from the body. As you age, you are more at risk for dehydration.

Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water.

- ❖ Water regulates body temperature
- ❖ Moistens tissues
- ❖ Lubricates joints
- ❖ Helps flush out waste
- ❖ Carries nutrients to cells
- ❖ Protects organs

Staying Hydrated:

- ✓ **Don't wait until you are thirsty to start drinking water.**
 - At that point dehydration has already started.
- ✓ **One sign of proper hydration is the color of urine.**
 - It should be clear or a pale yellow.
- ✓ **Alcohol should be limited.**
- ✓ **Minimize the number of beverages with caffeine.**
 - Because of its diuretic effect, caffeinated beverages can cause the kidneys to excrete more water.



Choose Hydrating Foods: Water and other beverages, fruits, and vegetables are great options to help keep your body hydrated.

90-99% water: Skim milk, soup, strawberries, watermelon, lettuce, cabbage, celery, spinach, broccoli, cucumbers

80-90% water: Fruit juice, yogurt, apples, grapes, oranges, carrots

70-79% water: Shrimp, bananas, corn, potatoes, avocados, cottage cheese

60-69% water: Pasta, legumes, salmon, ice cream, chicken breast

