

Tips on Preventing and Managing Heat

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).



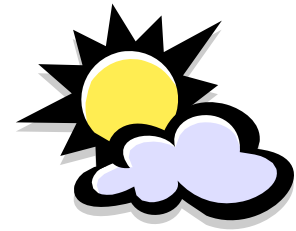
Division of Environmental
Health and Protection

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SUMMER HEAT



Who's in Danger

- ! Infants and young children. ! People aged 65 or older. ! People who have a mental illness.
- ! Those who are physically ill, especially with heart disease or high blood pressure.

Signs Of Trouble

HEAT STROKE : Heat Stroke may happen in a short period of time (minutes or hours) when exposed to very high temperatures, especially with physical activity such as manual labor or sports.

Warning Signs :

- Skin is red, hot and dry
- Body temperature is greater than 103°F
- No sweating
- Rapid, strong pulse
- Throbbing headache, dizziness, nausea
- Confusion
- Unconsciousness

HEAT EXHAUSTION :

Heat exhaustion usually takes hours or days to happen and is caused by extreme heat and water loss through excessive sweating.

Warning Signs :

- Skin is usually cool, clammy and pale
- Heavy sweating
- Muscle cramps
- Tiredness, weakness
- Dizziness, headache
- Nausea or vomiting
- Fainting

What To Do

HEAT STROKE :

- **This is a medical emergency, Call 911**
- Get the victim into a shady area
- **Cool the victim rapidly using whatever methods you can.** For example, placing the person in a cool shower, spraying or sponging the victim with cool water, or if the humidity is low, wrap the victim in a cool, wet sheet and fan person vigorously
- Monitor body temperature and continue cooling efforts until body temperature drops to 101° F - 102° F
- Get medical assistance as soon as possible

HEAT EXHAUSTION :

- If the victim has heart problems, high blood pressure or symptoms are severe, seek medical attention immediately.
- Otherwise, help the victim to cool off, seek medical attention if symptoms worsen or last longer than 1 hour

Cooling measures that may be effective :

- Rest out of the heat
- Move victim to an air-conditioned room
- Give victim cool, nonalcoholic drinks
- Cool shower, bath or sponge bath
- Change to lightweight clothing