



# BEAT THE HEAT!

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## HEAT EXHAUSTION VS. HEAT STROKE

*On average in the last 10 years, heat waves have caused more deaths than any other weather hazard, including tornadoes, hurricanes, and flooding.*

### What Are The Symptoms?

- Headache or dizziness
- Nausea or vomiting
- Weakness or muscle cramps
- Confusion or hallucinations
- Trouble breathing
- Cold, clammy skin or hot, dry skin

### What Are The Risks?

- Especially those older than 64 or younger than 5
- Chronic medical conditions
- Mental health conditions like dementia, Alzheimer's or schizophrenia
- Obese or confined to bed
- Work that involves hot conditions
- Athletes that workout in hot conditions
- People who have had heat illness before

### What Should You Do?

- Get into a cool, air conditioned place. If not possible, get into the shade.
- Drink water and/or an electrolyte drink.
- Don't cool down too fast; you can submerge in cool water, but not ice water.
- If you show the above symptoms and they aren't getting better or are getting worse, seek medical attention immediately or call 911.
- **Remember:** never leave a child, someone that's elderly, or an animal in the car when it's hot outside, **even** with the windows down.

**What is Heat Exhaustion?** Excessive time, work or play in the hot, humid temperatures can cause a person's internal cooling system to malfunction.

**What is Heat Stroke?** When a person's internal cooling system stops working and body temperature can exceed 105 degrees, this is *life threatening*, causing organ or brain damage; even death. If suspected, call 911 immediately!

**Hydrate** - To avoid becoming dehydrated, drink plenty of water, whether you are thirsty or not. You should especially do this if you are outside working or exercising.

**Educate yourself** - Check local weather temperature and heat index. Know what the symptoms are for heat illness and how you can stay cool. If temperatures are above 85 or the heat index is 90, take action to keep cool and safe.

**Act quickly if you suspect heat illness** - If you have any of the warning signs, seek medical attention.

**Take it easy** - Anyone exercising or working outside (or inside where it's hot) should avoid overexertion, especially between 11 am and 6 pm. Remember to take several breaks in a cool area.



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