



Staying Safe in Summer Heat



Combat the heat and sun:

- Drink 6-8 ounces of cool water every 15 minutes
- Avoid energy drinks, caffeine and carbonated drinks
- Take breaks in the shade or air conditioning
- Wear light colored, loose fitting, light weight clothing
- Wear sunscreen
- Watch others for symptoms
- Know your own limits

Water. Rest. Shade.

KNOW THE SIGNS!

Heat Exhaustion

Symptoms:

- Fatigue/Weakness
- Cramps
- Dizziness/Fainting
- Nausea/Vomiting
- Nervousness
- Sweaty, Clammy and/or Pale Skin

Medical Assistance:

- Remove from the heat and give water in small quantities
- Remove unnecessary clothing, especially socks and shoes
- Apply cold compress or rinse face/neck with cold water
- Possibly seek medical attention for further evaluation

Heat Stroke

Symptoms:

- Confusion/Delirium
- Unconsciousness
- Rapid Heartbeat
- Hot, Dry, Flushed Skin
- Loud, Rapid Breathing
- Body Temperature of 105 F or more
- Dizziness
- Headache
- Convulsion

Medical Assistance:

- GET IMMEDIATE MEDICAL ATTENTION
- Move out of the heat and give small quantities of water
- Remove unnecessary clothing, especially shoes and socks
- Use cold compress on head/neck
- Wet clothing with cold water

