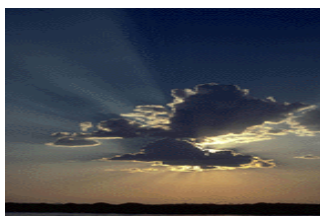


## REDUCE HEAT RELATED ILLNESS

1. increase your fluid intake. Don't wait until you're thirsty to drink.
2. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.
3. Choose lightweight, light-colored, loose-fitting clothing. Protect yourself from the sun by wearing a wide-brimmed hat along with sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out.
4. Limit your outdoor activity to morning and evening hours.
5. Stay indoors and, if possible, stay in an air-conditioned place.



## WHAT IS EXTREME HEAT?

Several factors affect the body's ability to cool itself during extremely hot weather. When humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, prescription drug and alcohol use.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

Summertime activity must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness. This pamphlet tells how you can prevent, recognize, and cope with heat-related health problems.

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## “ARE WE READY FOR A HEAT WAVE?”



### A GUIDE TO PROMOTE PERSONAL HEALTH AND SAFETY IN AN EXTREME HEAT EVENT



MILFORD HEALTH DEPARTMENT  
CITY OF MILFORD, CT



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## HOT WEATHER HEALTH EMERGENCIES:

Know the symptoms of heat disorders  
and overexposure to sun

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### **HEAT STROKE:**

Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweat to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Symptoms include—

- Vomiting.
- Decreased alertness level or complete loss of consciousness.
- High body temperature (sometimes as high as 105°F).
- Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- Rapid, weak pulse.
- Rapid, shallow breathing.

### **HEAT EXHAUSTION:**

Typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly.

Symptoms include—

- Cool, moist, pale skin (the skin may be red right after physical activity).
- Headache.
- Nausea.
- The skin may or may not feel hot.
- Dizziness and weakness or exhaustion.



### **HEAT CRAMPS:**

Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

Symptoms include—

- Rapid heartbeat.
- Hot, sweaty skin.
- Dizziness.
- Fainting and exhaustion.
- Nausea and vomiting.

