Did you know?

• In the United States, extreme heat is the cause of death for around 618 people every year.
• Your car can increase to dangerous temperatures even with a cracked window within 10 minutes.
• When outside temperature is 80 degrees Fahrenheit, it only takes 20 minutes for the car temperature to reach 118 degrees Fahrenheit.
• Sweating is your body’s way of cooling itself down to prevent damage to the brain and other vital organs.
• Heat-related illnesses occur when a body’s temperature cannot cool itself fast enough.

What are the heat-related illnesses?

• Heat stroke
• Heat exhaustion
• Heat cramps
• Sunburn
• Heat rash

Who is most vulnerable to heat-related illnesses?

• Infants and young children
• Older adults (65+)
• Individuals that work outside
• Individuals with disabilities
• People that take medications that interfere with the body’s heat regulation system (e.g. antidepressants, antihistamines, antipsychotic drugs, high-blood pressure drugs, overactive-bladder treatments)

Prevention

• Stay out of the sun between 10 a.m. and 4 p.m.
• Limit outdoor activities, especially exercise in the heat.
• Protect skin using sunblock with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply 15-30 minutes before going in the sun and reapply according to package directions.
• Use a lip balm that contains sunscreen.
• Wear muted (lighter colored), loose-fitting clothing.
• Wear a hat (the looser, the better).
• Wear sunglasses that absorb at least 90% ultraviolet rays.
• Clouds and particles in the air scatter sunlight. You can receive a sunburn even on a cloudy day.
• Be aware that using a fan as the main cooling source may not be enough. If possible, spend a few hours in air-conditioned areas (e.g. the mall).
• Drink water even when you don’t feel thirsty.
• Avoid using the oven or stove to maintain a cooler temperature.
• Avoid alcoholic or sugary drinks.
• Check on others or have others check on you twice a day when temperatures are warmer than usual.
Symptoms of heat-related illnesses

Heat stroke
• Dehydration
• Body temperature of 103 degrees Fahrenheit or higher
• Increased, strong pulse
• Headache, dizziness, confusion, nausea
• Loss of consciousness

What to do
• Seek medical help right away - heat stroke is a 911 emergency
• Move to a cooler place
• Lower body temperature with a cool cloth or bath

Heat exhaustion
• Cold, pale, and clammy skin
• Weak, fast pulse
• Vomiting or nausea
• Muscle cramps
• Feeling tired or weak
• Dizziness, headache
• Loss of consciousness

What to do
• Move to a cooler place
• Loosen clothing
• Lower body temperature with a cool cloth or bath

Heat cramps
• Muscle pain or spasms related to the heat

What to do
• Stop any strenuous activity and move to a cool place
• Drink water or a sports drink to hydrate
• Wait for cramps to go away before performing any physical activity

Sunburn
• Skin is red, warm or painful
• Blisters appear

What to do
• Avoid the sun until sunburn heals
• Lower body temperature with a cool cloth or bath
• Use moisturizing lotion
• Avoid breaking blisters

Heat rash
• Red clusters of small blisters that look like pimples on the skin

What to do
• Stay in a cool, dry place
• Keep rash dry
• Soothe the rash by using power (e.g. baby powder)

When to seek professional medical help
• When you suspect heat stroke - this is a 911 medical emergency
• When you vomit from symptoms related to the heat
• When symptoms of heat cramps, heat exhaustion, or heat stroke persist for an hour or more
• When you experience heat cramp while on a low-sodium diet or have heart problems

Sources & Resources
• Center for Disease Control and Prevention, www.cdc.gov/disasters/extremeheat/index.html

Immediately contact a medical professional if you suspect a heat stroke