



JOAG TIP OF THE MONTH - JULY 2021

SUMMER SAFETY - HEAT ILLNESS

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Summer is here and that means warm weather, time outdoors, and lots of sunshine. It is also the season of parched lips, dehydration, and heat related illnesses. Below are some tips to prevent and handle heat related illnesses:

Who is most at risk? Infants and young children, adults >65, people with chronic conditions or who take certain medications, and people who are overweight or in poor physical condition.

Heat Exhaustion:

- Rapid shallow breathing
- Muscle cramps
- Headache, dizziness or fainting
- Elevated body temperature
- Weak, fast heart rate
- Sweaty, moist, cool, pale skin
- Nausea, vomiting and diarrhea
- Decrease in urination
- Fatigue, weakness or exhaustion

Tips for Treating Heat Exhaustion:

- Get to a cool, shaded area or go indoors
- Drink cold water with small sips
- Remove unnecessary clothing
- Put cold or wet towels on the skin
- Spray the person with mist, take a cool shower
- Stand near a fan
- Go to the emergency department or call 911

Heat Stroke: *A life threatening illness that can lead to death*

- Body temperature above 103 degrees
- Rapid breathing/ hyperventilation
- Dizziness, fainting, loss of consciousness
- Altered speech, behavior, or mental status
- Muscle twitching, convulsions/seizures
- Dry, red, hot skin, NO SWEAT
- A true medical emergency DO NOT delay calling 911

Tips for Treating Heat Stroke:

- Call 911 & prepare to give CPR if needed (Get treatment within 30 mins)
- Move the person out of the hot area
- Cool the person; place body below neck in cold shower or tub, cover skin with cold, wet towels until body temp <101
- Loosen/remove clothing & elevate feet
- DO NOT force person to drink fluids
- DO NOT USE rubbing alcohol on skin

Tips to Help Prevent Heat Related Illness:

- Drink fluids (water, juice, sports drinks), even if not thirsty & monitor urine output
- Air conditioning is the best way to cool off
- When working or exercising outdoors, wear loose, lightweight, light-colored cotton clothing
- Wear a wide-brimmed hat, sunglasses & sunscreen
- Do not drink alcohol or beverages with caffeine, avoid eating hot, heavy meals
- Avoid the outdoors during hottest part of the day, (1100-1500)
- Use air conditioning to cool off
- Pace yourself and rest often
- NEVER leave children or pets in a hot car

References: <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/heat>;

<https://www.cdc.gov/disasters/extremeheat/warning.html>; Heat Illness: Prevention, Symptoms & Treatment (clevelandclinic.org)