

SUMMER SAFETY



Risks for Health-Related Illness

80-90 degrees – Fatigue is possible.

90-105 degrees – Heat stroke, heat cramps, and heat exhaustion is possible.

105-130 degrees – Heat stroke, heat cramps, and heat exhaustion are likely.

Symptoms

Treatment

When to call a health professional

Sun Burn

Redness and pain in the skin. Also swelling, blister, fever, and headaches.

Drink lots of water. Take acetaminophen or aspirin for pain. Don't give aspirin to children. Aloe Vera gel helps reduce pain and itch.

If severe blistering occurs or if feeling ill. If a fever is over 102 degrees. If signs of heat stroke develop. If dizziness or vision problems persist after you have cooled off.

Heat Cramps

Heavy sweating and painful spasm usually in the leg or abdomen muscles.

Get person to a cooler place and have them rest. Give a 4oz. Glass of cool water every 15 minutes. Do have them drink slow. Remove or loosen tight clothes and apply wet clothes.

If symptoms persist over 2 hours.

Heat Exhaustion

Weakness and heavy sweating. The skin is cool, pale, and clammy. The pulse becomes weak and shallow. Fatigue, confusion, weakness, dizziness and nausea. Fainting and vomiting may occur.

Get person to a cooler place and have them rest. Give a 4oz. Glass of cool water every 15 minutes. Do have them drink slow. Remove or loosen tight clothes and apply cool, wet clothes or sponge the body with cool water in a bath.

Call 9-1-1 or go to the emergency room if: the skin is dry, even under the armpits, and bright red or flushed, the body temperature reaches 102 degrees, or the person is delirious, disoriented, or unconscious.

Heat Stroke (AKA Sunstroke)

High blood temperature (102 degrees or higher) along with dry hot skin and rapid and strong pulse. Unconsciousness is possible.

This is a life threatening situation! Help is needed fast. Call 9-1-1 or your local Emergency Medical Service (EMS) number. Then move the person to a cooler place and quickly cool the body. This can be done by wrapping a wet sheet around the body and fanning it. If you have ice or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpit and on the neck to cool the large blood vessels. Do NOT use rubbing alcohol because it closes the skin's pores and prevents heat loss. Keep the person lying down and make sure they are breathing.

CALL 9-1-1 IMMEDIATELY

