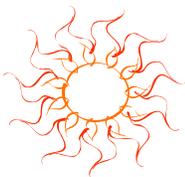


## Important prevention tips

- Drink more water or fluids (nonalcoholic non-caffeinated)
- Stay out of the sun, and limit exposure to heat
- Put off exercising or heavy exertion until cooler hours
- Use a broad spectrum UVA/UVB sunscreen and apply as directed
- Take cool breaks
  - Seek shade or indoors with air conditioning
  - Take a cooling showers, bath or mists
- Wear lightweight, light-colored, loose-fitting clothing, sunglasses, wide brimmed hat

### At special risk are:

- Infants and young children
- People aged 65 or older
- People with physical or mental illness, especially with heart disease or high blood pressure



Never leave person or pet in a parked car, temperatures can easily exceed 120 F.



To Rehydrate, drink plain water or non alcoholic non caffeinated fluids

Water, plain, room temp or cool but not iced

Sports drinks that contain minerals are also good

### Homemade rehydration drink recipes:

½ teaspoon of salt and ½ teaspoon of baking soda per quart of water, can add 1 or 2 tablespoons sugar and some lemon, lime or orange juice to make this taste better.

Or,

2 quarts of non sugar Kool-Aid® type drink add 4 tablespoons sugar, 1 teaspoon salt, 1 teaspoon baking soda and 1/2 teaspoon salt Lite/potassium salt

If you are on a low sodium diet you should consult with a physician before using this drink.



**THURSTON COUNTY EMERGENCY SERVICES**

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**THURSTON COUNTY  
EMERGENCY SERVICES**

# Hot Weather Injuries

*The best defense is  
prevention.*



## Heat related injuries

As a person loses body fluid from an excessively hot environment, we lose our ability to cool through perspiration (evaporation) and circulating blood to the skin (radiation). The usual stages of progression are: dehydration, heat cramps, heat exhaustion, heat stroke then death.



100% UVA/UVB blocking lenses are best. Sunscreen should also block both UVA/UVB.

### The first signs and symptoms of dehydration are:

- Headache
- Irritability
- Light-headed or dizziness
- Boredom or disinterest, "out of it"
- Fatigue, excessively tired

### The next signs and symptoms of heat injuries may be heat cramps:

- Sharp pain not caused by a pulled or strained muscle
- Persistent muscle cramps during and after activity

### If heat and dehydration continue, signs and symptoms of Heat Exhaustion are (similar to shock) will develop:

- Sweating

## Heat exhaustion can lead to life threatening heat stroke requiring immediate action

- Skin - Pale, clammy
- Heart beats (pulse) - Increased
- Breathing (respirations) - Increased
- Temperature - Normal or slightly elevated
- Urine Output - Decreased
- Patient feels weak, dizzy, thirsty, "sick," anxious and may faint
- Stomach - Queasy (nausea) and vomiting

### Treatment for dehydration, heat cramps and/or heat exhaustion is:

- + Replace bodily fluids
- + Get the person out of the sun and out of the heat if possible
- + Water, plain, room temp or cool but not iced. Sports drinks that contain minerals are also good. (Rehydration drink: ½ teaspoon of salt and ½ teaspoon of baking soda per quart of water, can add 1 or 2 tablespoons sugar to make this taste better)
- + Misting face, arms and legs with a water mister or wiping with wet cloth can help cool
- + Monitoring body temperature and watching for signs or heat stroke
- + Call for emergency medical help if replacing fluids does not reverse the signs and symptoms

### Heat Stroke is fatal, signs and symptoms are:

- The cardinal sign of Heat Stroke is **hot skin**. Skin - may be wet or dry, flushed. Some victims may have hot, dry skin, others may have hot, wet skin may occur because they have just changed from Heat Exhaustion to Heat Stroke.
- Heart rate (pulse) - Increased may be bounding
- Breathing (respiratory) Rate - Increased
- Urine Output - Decreased or non existent
- Temperature - Increased (over 104 deg F or 41 deg C)
- Severe changes in mental status and movement/sensory changes, first drowsy then the person may become unconscious, possibility of seizures
- Pupils - may be large / unresponsive to light

### Treatment for heat stroke:

- + Call 9-1-1, this is a true medical emergency
- + Get the person out of the sun and into shade. Get them to a cool environment, air conditioned if possible
- + Remove bulky clothing and dampen the remaining clothing or skin with water
- + Fan the person vigorously, and if possible, monitor the body temperature until body temperature falls below 102 degrees F or if shivering starts
- + Start CPR if pulse/breathing stop

