

IMPORTANT PREVENTION TIPS

- ⇒ Drink more water or fluids (non-alcoholic and 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, or take a cooling shower, bath or mist)
- ⇒ Wear lightweight, light-colored, loose-fitting clothing, sunglasses, or a wide brimmed hat

AT SPECIAL RISKS 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 A PERSON
OR A PET IN A PARKED CAR
— TEMPERATURES CAN
EASILY EXCEED 120 F.**

To rehydrate, drink plain water or non-alcoholic and non-caffeinated fluids. Water should be plain, room temp or cool, but not iced. Sports drinks that contain minerals are also good.

Homemade rehydration drink recipes:

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

Or,

1 quart of non sugar Kool-Aid type drink, add 2 tablespoons sugar, 3/4 teaspoon table salt, 1/2 tsp baking soda.

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



Thurston County Medic One

Phone: (360) 704-2780

Email: alan.provencher@co.thurston.wa.us

www.thurstoncountywa.gov/m1

Thurston County Emergency Services

Hot Weather Injuries

***The best defense is
prevention***



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Heat Related Injuries

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

The first signs and symptoms of dehydration are:

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

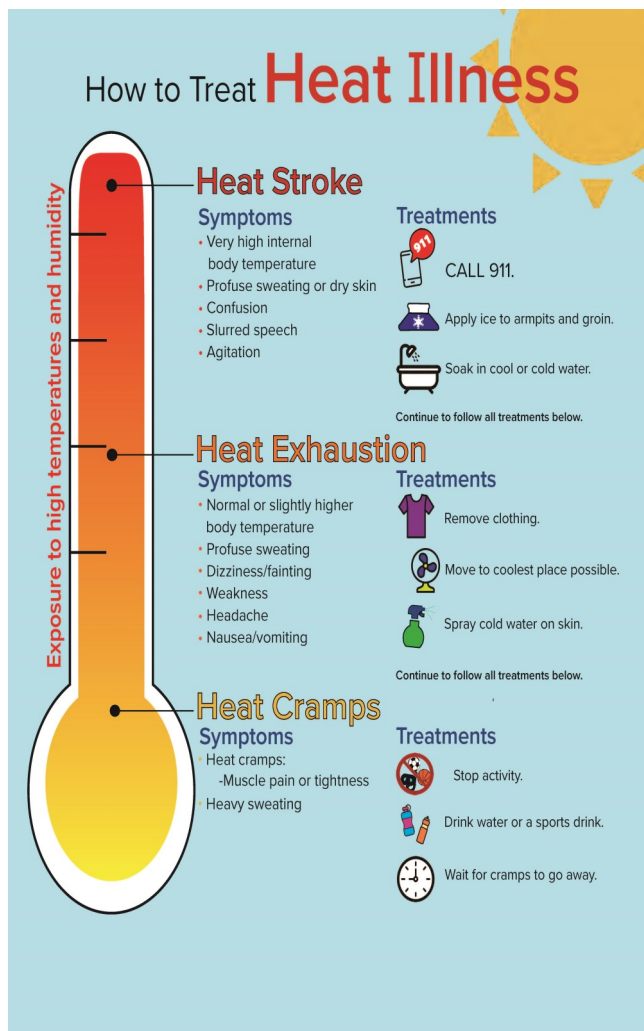
The next signs and symptoms of heat injuries may be heat cramps:

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

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

- Sweating
- Skin—pale and clammy
- Heart beat is increased
- Breathing respirations are increased
- Temperature is normal or slightly elevated
- Urine output is decreased
- Weakness, dizziness, thirsty, "sick", anxious and may faint
- Stomach is queasy, "nausea" or vomiting

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



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 (see recipe on reverse)
- Misting face, arms and legs with a water mister or wiping with wet cloth can help cool
- Monitoring body temperature and watching for signs of 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 because they have just changed from heat exhaustion to heat stroke
- Heart rate may be increased
- Respiratory rate may have increased
- Urine output has decreased
- Temperature has increased
- Severe changes in mental status and movement/sensory changes, first drowsy then the person may become unconscious, with the possibility of seizures
- Pupils may be large or unresponsive to light

CALL 911

- 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 the body temperature falls below 102 degrees F. or if shivering starts
- Start CPR if pulse/breathing stops

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