

HOT Weather Tips FOR YOUR HEALTH

Many of us live in or visit regions where sunburn, heat exhaustion, and heat stroke occur as the Summer's potential health risks. During hot weather, especially with high humidity, sweating just isn't enough. Your body temperature can rise to dangerous levels and you can develop a heat illness. Some Heat Related Problems are:

1. Heat Cramps,
2. Heat Exhaustion, and
3. Heat Strokes

- Cool pale, and clammy skin.
- Heavy sweating.
- Dilated pupils.
- Headache, nausea, dizziness, faintness, rapid pulse, and breathing.

Heat Cramps can be in the muscles being used while exercising or working in warm temperatures, or there can be abdominal cramps. Sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps.

HEAT RELATED PROBLEMS

TREATMENT OF HEAT CRAMPS:

- Stop all activity, and sit quietly in a cool place.
- Get out of the heat.
- Drink cool water or sport drinks in small amounts-not big gulps.
- Eat some salty food.
- Massage the cramped muscle, gently stretching it for 20 seconds.

Heat Exhaustion occurs when people work or exercise in hot humid conditions.

- Get the person to a cool area.
- Loosen or remove the persons clothing.

TREATMENT OF HEAT EXHAUSTION:

- Have the person lie on his or her back with the feet slightly raised.
- Give cool water or electrolyte sports' drink.
- Call the doctor's office for advice if you don't notice an improvement within a half hour.

Heat Stroke This is where the body temperature rises rapidly to 104° or higher. There is a strong, rapid pulse, confusion or unconsciousness with vomiting. Heat Strokes are life

threatening. It requires immediate medical attention. Call for an ambulance immediately. While waiting for help, wrap him or her in wet sheets and fan them until help arrives. Give the person water if he or she is able to drink.

- Wear loose fitting, light-colored, lightweight clothing.
- Drink plenty of fluids.
- Take extra precautions with certain medications.
- Don't stay in a parked car.

Now have a wonderful STAY COOL SUMMER. God Bless!

Psalm 91:1-2— He who dwells in the secret place of the most high, shall abide under the shadow. I will say of the Lord, He is my Refuge and my Fortress, My God, in Him I will trust. Amen!