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Extreme Heat

As temperatures rise, we need to be aware of the risks involved with extreme heat. Those who are at greater risk during elevated temperatures include adults over 65 years old, children under 4 years old, people with existing health problems, those without access to air conditioning, those working outdoors, and pets. Frequently check on those who are at risk during extreme heat and look for signs and symptoms of heat-related illnesses.

Heat-Related Illnesses

It's important to know the signs and symptoms of heat-related illnesses. The following information is obtained from the Centers for Disease Control and Prevention's (CDC) website.

Heat Stroke

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

In the event of heat stroke, call 911 immediately, move the person to a cooler space, use cool cloths or a cool bath to lower the person's body temperature, and do not give the person anything to drink.

Email: guercohd@guernseycountyhd.org

Website: guernseycountyhealthdepartment.org

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Heat Exhaustion

- Cold, pale, and clammy skin
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Tiredness or weakness
- Muscle cramps
- Nausea
- Headache

In the event of heat exhaustion, move to a cool place, loosen constricting clothing, use cool cloths or a cool bath to bring down body temperature, and sip water. Seek medical attention right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Cramps

- Heavy sweating during intense exercise
- Muscle pain or spasms

In the event of heat cramps, stop physical activity and move to a cool place, drink water, and wait for cramps to go away before resuming physical activity. Seek medical attention right away if cramps last longer than one hour, you are on a low sodium diet, or if you have heart problems.

Sunburn

- Painful, red, and warm skin
- Blisters on the skin

In the event of a sunburn, stay out of the sun until your burn heals, use cool cloths or a cool bath on burned areas, use moisturizing lotion, and do not break blisters.

Heat Rash

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

In the event of heat rash, stay in a cool, dry place, keep the rash dry, and use a powder to soothe the rash.

How to Prevent Heat-Related Illnesses

Prevent heat-related illnesses by staying cool, staying hydrated, and staying informed.

Stay Cool

- Stay inside with air conditioning.
- Avoid direct sunlight and wear a sunscreen with SPF 15 or higher.
- Wear lightweight, light-colored clothes.
- Take a cool bath or shower.
- Don't rely on a fan as a primary cooling device.
- Do not leave children or pets in cars.

Stay Hydrated

- Drink plenty of water.
- Don't wait until you feel thirsty to drink water.
- Avoid alcohol and drinks high in sugar.
- Remind others to drink plenty of water.

Stay Informed

- Check your local news for extreme heat alerts.
- Learn the symptoms of heat-related illnesses.
- Frequently check on those at high risk.

For more information on extreme heat, heat-related illnesses, or how to prevent heat-related illnesses please visit the CDC's website at the following web address.

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

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