

Ada County Emergency Management Emergency Preparedness Pointer

Beat the Heat

July 2017

With the hottest time of the year upon us, it is important to be aware of the effects of summer heat. Small children, elderly persons, chronically ill or disabled, people taking certain types of medications and people with weight or alcohol problems are more susceptible to adverse heat reactions. Over exposure to extreme heat can be fatal, but taking the correct actions can save lives. Below are some heat related prevention and first aid tips from Centers for Disease Control and Prevention. For more information, visit

<https://www.cdc.gov/extremeheat/warning.html>

Prevent Heat-Related Illnesses

| | | | | |
|--------------------------------------------|----------------------------------------------------|-------------------------------------------------|-----------------------------------------|---------------------------------------------|
| Wear appropriate clothing | Stay cool indoors as much as possible | Limit outdoor activity to when it's coolest | Cut down exercise during the heat | Rest often in shady areas |
| Do not leave children and pets in cars | Stay hydrated by drinking more fluids | Keep pets hydrated | Wear sunscreen with UVA/UVB protection | Check local news for extreme heat alerts |
| Stay away from sugary and alcoholic drinks | Replace salt and minerals lost from heavy sweating | Monitor those that are more susceptible to heat | Use a buddy system when working outside | Know the symptoms of heat-related illnesses |

Symptoms and Treatment of Heat Related Issues

| HEAT EXHAUSTION | OR | HEAT STROKE |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----------------------------------------------------------------------------------------------------------------------------------------|
| Faint or dizzy | | Throbbing headache |
| Excessive sweating | | No sweating |
| Cool, pale, clammy skin | | Body temperature above 103° Red, hot, dry skin |
| Nausea or vomiting | | Nausea or vomiting |
| Rapid, weak pulse | | Rapid, strong pulse |
| Muscle cramps | | May lose consciousness |
| <ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses | | <p>CALL 9-1-1</p> <ul style="list-style-type: none"> Take immediate action to cool the person until help arrives |

Weather.gov/socialmedia
Weather.gov/heat

@SacramentoOES
SacramentoReady.org

Heat Exhaustion Treatment

- ⇒ Get the person to lie down in a cool place
- ⇒ Loosen or remove clothing
- ⇒ Apply cool, wet clothing
- ⇒ Fan or move victim to air conditioned place
- ⇒ Give sips of water if victim is conscious
- ⇒ Be sure water is consumed slowly
- ⇒ Give half glass of cool water every 15 minutes
- ⇒ Discontinue water if victim is nauseated
- ⇒ Seek prompt medical attention if vomiting occurs

Heat Stroke Treatment

THIS IS A SEVERE MEDICAL EMERGENCY

- Call 911 or emergency medical services, or get the person to a hospital immediately. Delays can be fatal.
- ⇒ Move person to a cooler environment and remove outer layers of clothing
 - ⇒ Use fans and air conditions, try a cool bath, or wet sheet to reduce body temperature
 - ⇒ Monitor person for breathing problems
 - ⇒ Do NOT give fluids



Ada County Emergency Management
7200 Barrister Drive ♦ Boise, ID. 83704 ♦ (208) 577-4750 ♦ FAX (208) 577-4759
HOME PAGE: www.adaprepaid.gov ♦ E-MAIL: mjeffries@adaweb.net

