

# BEATING THE SUMMER HEAT

## Did You Know?

Summer weather means getting outside and having fun or working in the yard, but too much heat can make you sick. Your body normally cools itself as your sweat evaporates, but during extremely hot weather, when the humidity is high, sweat can't evaporate very well. These conditions can cause the temperature of your body to become dangerously high. High body temperatures can cause severe illness or even death. Read on to learn more about the different types of heat illnesses.

There are four different types of heat illness:

### 1. Heat Stroke

Heat Stroke is the most severe of all heat-related illnesses. It can occur when your body temperature rises very quickly (above 103 0F) and your body's cooling mechanism fails. If someone experiences any of the following warning signs, cool them rapidly using whatever methods you can and call 911 for immediate medical assistance.

#### Heatstroke Warning Signs

Body temperature above 103 0F

Red, hot, dry skin (no sweating)

Rapid pulse

Throbbing headache

Dizziness

Nausea

Confusion

Unconsciousness

### 2. Heat Exhaustion

Heat Exhaustion is a milder form of heat illness, but is still very serious. Heat exhaustion can develop after several days of exposure to high temperatures combined with not getting enough fluids to replace what is lost in sweat. If you or someone else experiences any of the following warning signs, getting cool, drinking fluids and getting rest are best.

#### Heat Exhaustion Warning Signs

Heavy sweating

Paleness

Muscle cramps

Tiredness

Weakness

Dizziness

Headache

Nausea or vomiting

### 3. Heat Cramps

Muscle pains or spasms from heat can occur as sweating depletes the salt and fluids from your body. Heat/muscle cramps may also be a symptom of heat exhaustion. If you experience heat/muscle cramps, stop all activity and rest in a cool place. Drink clear juice or a sports beverage to replace lost fluids and minerals. Seek medical attention if cramps do not subside in one-hour.

### 4. Sunburn

Sunburned skin is red, painful and abnormally warm. Sunburn should be avoided because it damages the skin, affects your body's ability to cool itself and causes a loss of fluids. Severe sunburns can cause fever, blistering and severe pain. Seek medical attention if an infant under the age of one year is affected by sunburn, or if you experience symptoms of severe sunburn.

#### Additional Information

Some individuals are more sensitive to the effects of high temperatures and may be at greater risk for heat illness, including:

Infants and young children

People 65 years of age and older

People who are overweight

People who overexert themselves during exercise or work

People who are physically or mentally ill

People with chronic medical conditions (heart disease, respiratory conditions, diabetes, etc.)

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