

It's spring and temperatures are rising!

Use common sense and caution during the hottest months of the year to prevent a heat-related tragedy. Many activities that are appropriate in cooler weather can have deadly consequences during hot-weather months. HEAT STROKE, HEAT EXHAUSTION, and MUSCLE CRAMPS can be serious and possibly life-threatening.

AVOID A TRAGEDY:

- **Never leave people or animals in a vehicle - not even for a second!** Temperatures in a car can quickly rise to 130-150°F within minutes, even if it's only in the 80's outside!
- **Do not allow individuals to stay outside for more than 15-20 minutes at a time.** Use a stopwatch or clock to keep track, if necessary.
- **Drink plenty of fluids to keep hydrated.** Water is best! Avoid sweet drinks, caffeine, and alcohol, as these further dehydrate the body.
- **Keep an ample supply of water in your vehicle for you and your passengers.**
- **Monitor individuals who may have fluid restrictions.** Speak to their healthcare provider to learn how much fluid they need during hot weather.
- **Dress in appropriate clothing.** Wear loose fitting, light fabrics in light colors, long sleeves, and a hat.
- **Avoid the midday sun.** Schedule outdoor activities before 10am. 1pm in the Arizona summer is not the right time to take a walk outside.
- **Monitor individuals taking blood pressure, behavioral, anti-depression, and allergy medicines.** These medications decrease sweating and may compromise the body's cooling system.

HEAT STROKE & HEAT EXHAUSTION ARE MEDICAL EMERGENCIES!

SYMPTOMS

- Muscle Pain or Spasms (early symptoms)
- Flushed, hot or clammy skin
- Excessive or no sweating
- Weakness or dizziness
- Nausea or vomiting
- Confusion
- Fast, shallow breathing
- Fast heartbeat

TREATMENT

- Response time is critical! Call 911 Emergency Services.
- Move the person to a cooler area
- Cool down the person with cool water (shower or bath)
- If the person is conscious, offer cool fluids, **not** ice-cold fluids, which may cause stomach cramps.
- Do not wrap the person in wet towels - this may heat them up.
- CPR (Cardio-Pulmonary Resuscitation) may be needed if the person stops breathing or a pulse cannot be detected.

THIS PAMPHLET IS FOR GENERAL INFORMATION ONLY AND IS NOT A SUBSTITUTE FOR MEDICAL TREATMENT FROM A PHYSICIAN.

IN ANY HEAT-RELATED ILLNESS EMERGENCY, CALL 911 IMMEDIATELY!