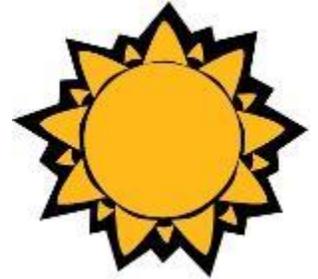


Precautions for Dealing with Extreme Heat

Please, be cautious during this time of extreme heat. Here is some information from the CDC on the best prevention and the symptoms of heat related illnesses.



Keep an eye on those around you.

If you have any questions, please don't hesitate to contact [Kathy Brock RN](#), in the Barton Student Health Services office, or another medical professional.

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level.
- Don't wait until you're thirsty to drink.
- Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid.
- Avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place.
- Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. - Take a cool shower or bath.
- Wear lightweight, light-colored, loose-fitting clothing.
- **NEVER** leave anyone in a closed, parked vehicle.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise.
- If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.
- A sports beverage can replace the salt and minerals you lose in sweat.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 50 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

SYMPTOMS OF HEAT EXHAUSTION

- Heavy sweating

- Feeling weak and/or confused
- Dizziness
- Nausea
- Headache
- Fast heartbeat
- Dark colored urine, which indicates dehydration

SYMPTOMS OF HEAT STROKE

- High fever (104 F or higher)
- Severe headache
- Dizziness and feeling lightheaded
- Flushed or red appearance to the skin
- Lack of sweating
- Muscle weakness or cramps
- Nausea
- Vomiting
- Fast heartbeat
- Fast breathing
- Feeling confused, anxious or disoriented
- Seizures

WARNING SIGNALS - REQUIRE IMMEDIATE MEDICAL ASSISTANCE

- Skin feels hot and dry, but not sweaty
- Confusion or loss of consciousness
- Frequent vomiting
- Shortness of breath or trouble breathing