ARE YOU READY for hot weather?

Handling Hot Weather: How to prevent Heat Stress.

Summer weather can be downright sweltering, bringing the risk of heat-induced illnesses. Heat stress can occur when the body is unable to cool itself and the internal core body temperature is too high. It is important that during summer months we are all aware of proper actions to take if a heat illness is suspected.

ARE YOU READY? **--Plan—Prepare—Practice—Stay Informed—**

Plan. If you or your family plan on spending a lot of time outside during hot days, take the necessary precautions to ensure good health throughout the day.

- Wear lightweight, light-colored, loose-fitting clothes during the day; these reflect the sun's rays and their heat.
- Keep cool by taking frequent breaks and preventing exhaustion.
- Drink plenty of fluids throughout the day; drink water, sports drinks, or juices to stay hydrated.
- Avoid alcoholic and caffeinated beverages—these can accelerate the effects of heat illnesses and also interfere with the body's hydration.
- If possible, avoid the hottest part of the day, 10 AM- 3 PM, when the sun's rays are most intense.

Prepare. Know the symptoms of dangerous heat-related illnesses to take care of yourself and your family.

- Heat Stroke symptoms:
  - Dry, hot skin with no sweating
  - Mental confusion, fatigue, or loss of consciousness
  - Seizures or fits
  - Headache
  - Dizziness
  - Increased inner body temperature/fever
  - Hallucinations
  - Rapid heart beat
- Heat Exhaustion symptoms:
  - Headaches, dizziness, lightheadedness and fainting
  - Weakness and moist skin
  - Mood changes such as irritability or confusion
  - Upset stomach or vomiting

Practice. If you suspect any illness, contact 9-1-1 immediately.

- Move immediately to a cooler, shaded area.
- Drink cool water.
- Apply water to the skin and fan the skin to speed up cooling.
- Apply ice to the face, neck, armpits, and groin area.

Stay Informed. Remain informed about current practices for dealing with heat-related illnesses.

- Tune into local weather stations so you and your family can be properly prepared for hot days.
  - Days with high temperatures and humidity, direct sun, or little wind can be especially dangerous.

Resources:

Check the following websites for more information:

- **Minnesota Department of Health**
  (http://health.state.mn.us/divs/eh/emergency/natural/heat/heatstroke.html)

- **Occupational Safety and Health Administration (OSHA)**
  (http://www.osha.gov/Publications/osha3154.pdf)

The above information is provided by the Sherburne County Are You Ready Workgroup: Sherburne County Sheriff's Department-Emergency Management, Sherburne County Public Health Department, Sherburne County Social Services, Becker Police Department, Big Lake Police Department, Elk River Police Department, Elk River Fire Department, Caring Rivers United Way, American Red Cross, Salvation Army, Fairview Northland Hospital, USDA-Farm Service, University of Minnesota Extension, Elk River Star News, West Sherburne Tribune, and community volunteers.