



National Heat Safety Awareness Day May 27, 2016

According to the National Weather Service, heat is one of the leading weather-related causes of death in the United States. Heat waves and watches are responsible for hundreds of fatalities and even more heat-related illnesses.

Heat-related illnesses include heat cramps, heat exhaustion, and heat stroke.

Heat Cramps: painful muscle cramps and spasms in the legs and abdomen, associated with heavy sweating.

Heat Exhaustion: heavy sweating; weakness; fast, weak pulse; cool, pale, clammy skin; vomiting; dizziness, nausea, or fainting.

Heat Stroke: altered mental state; headache; confusion; dizziness; shallow breath; body temperature of 103°F or greater; hot, dry skin; rapid pulse; faint or lost consciousness. This is a **Medical Emergency! Call 911!**

People most at risk for heat-related illnesses are people with chronic medical conditions, the elderly, infants and children, outdoor workers and athletes.

Avoid heat-related illness by:

Staying Cool: stay in air-conditioned areas; limit direct sunlight; dress in light colored, lightweight clothes; take cool baths or showers.

Staying Hydrated: increase water intake, avoid alcohol or high-sugar drinks, limit caffeine, and drink 2-4 cups of water per hour in the heat.

Staying Informed: watch the news, watch the outside temperature, and review the symptoms of heat illnesses.

NEVER leave children, pets, or adults in cars or vehicles during the summer.

— PLEASE POST FOR THOSE WITHOUT EMAIL —



The Medical Center of Plano