

# for *your* HEALTH

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## WHEN HEAT STRESS STRIKES

Your body normally cools itself by sweating. During hot weather, especially with high humidity, sweating just isn't enough. Your body temperature can rise to dangerous levels and you can develop a heat-related illness, which can become serious or even deadly if unattended.

It is important to understand the difference between heat stroke and heat exhaustion. Not only are the symptoms different, but the first aid recommended is also different. In fact, giving first aid for heat exhaustion to a person with heat stroke could actually worsen their condition. The following information can help you differentiate between these two conditions.

### HEAT EXHAUSTION

*Act quickly if someone appears pale or flushed; is sweating and has moist, clammy skin; feels weak, dizzy, or nauseous; has a headache.*

- Move person immediately to a cool place
- Loosen clothing and place cool compresses on skin
- Encourage them to slowly drink large quantities of water or other fluid
- Elevate their feet slightly

### HEAT STROKE

*Call for medical help immediately if someone has a high body temperature and rapid pulse; has hot, dry, reddish skin; stops sweating; becomes confused or delirious.*

- Move the victim immediately to a cool place until help comes
- Fan the victim
- Soak the victim's clothing with water to lower body temperature

## 5 Things

TO REMEMBER IF  
YOU MUST BE OUT IN  
THE HEAT:

- 1 If possible, limit your outdoor activity to morning and evening hours.
- 2 Drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.
- 3 Try to rest often in shady areas.
- 4 Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses.
- 5 Put on sunscreen of SPF 15 or higher. The most effective products say "broad spectrum" or "UVA/UVB protection" on their labels.

