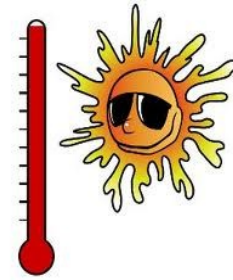


# Summer Heat Safety



Happy July! We're already half way through the summer but the hottest temperatures are yet to come! With August just around the corner, it's a good idea to become familiar with heat exhaustion and heat stroke symptoms and treatments. It's easy to become distracted when we are outside at the beach, on a bike ride or trail walk or simply working around the yard. These conditions can occur in a short amount of time and the symptoms can be easily missed.

## Heat Exhaustion Symptoms:

Hot, clammy, flushed skin, weakness, dehydration, rapid pulse, dizziness, lightheadedness (especially with standing), muscle cramping, headache.

## Heat Exhaustion Treatment:

July 2013

**Rest in a cool place.** Get into air-conditioning or find a shady spot. Rest on your back with your legs elevated higher than your heart level.

- **Drink cool fluids.** Stick to water or sports drinks. Don't drink any alcoholic beverages, which can contribute to dehydration.
- **Apply cool water to your skin.** If possible, take a cool shower or soak in a cool bath. Don't use alcohol on your skin.
- **Loosen clothing.** Remove any unnecessary clothing and make sure your clothes are light-weight and loose.

*If the condition doesn't improve within one hour of using these treatment measures, seek prompt medical attention.*

**Heat Stroke is worse than heat exhaustion and can actually be life threatening!**

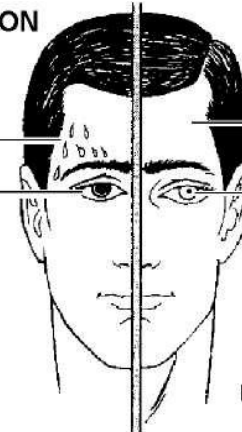
## Heat Stroke Symptoms:

- **High body temperature.** A body temperature of 104 F or higher is the main sign of heatstroke.
- **Lack of sweat.** The skin will feel hot and dry to the touch.
- **Nausea and vomiting**
- **Flushed skin.** The skin may turn red as the body temperature increases.
- **Rapid and shallow breathing**
- **Racing heart rate.** The pulse may significantly increase because heat stress places a tremendous burden on the heart to help cool the body.
- **Headache and/or Confusion.** A throbbing headache, seizures, hallucinations or difficulty speaking or understanding what others are saying.
- **Unconsciousness**
- **Muscle cramps or weakness.** Muscles may feel tender or cramped in the early stages of heatstroke, but may later go rigid or limp.

HEAT EXHAUSTION

HEAT STROKE

1. MOIST & CLAMMY SKIN
2. PUPILS DILATED
3. NORMAL OR SUBNORMAL TEMPERATURE



1. DRY HOT SKIN
2. PUPILS CONSTRICTED
3. VERY HIGH BODY TEMPERATURE

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## Heat Stroke Treatment:

*Call 911 immediately.*

- Reduce body heat by dousing the body with cold water or applying wet, cold towels to the whole body.
- Move the victim to the coolest possible place and remove as much clothing as possible.
- Make sure victim can breathe easily
- Place the victim on his or her back, with the head and shoulders slightly elevated.
- If cold packs are available, place them under the arms, around the neck, at the ankles and on the groin.

Is there a health topic you want to know more about? For more information contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us



**The best way to treat both heat exhaustion and heat stroke is to avoid them! Here are some easy tips:**

- If you are outside, be sure to drink either water or sports drink regularly (soft drinks don't hydrate and alcohol can actually dehydrate your body).
- Carefully watch young children and older adults - their bodies cannot handle the extreme heat as well as healthy teens and adults.
- If you are not used to being outside playing or working - take it slow and easy, get used to the heat and humidity a few hours at a time.
- Be careful if you are overweight or obese - the extra body weight will easily cause overheating much faster than a normal sized body.
- Take regular breaks to cool down.



**Wakulla County Health Department  
July 18 & 25, & August 1, 2013  
YOU MUST CALL FOR AN APPOINTMENT!**

*Only shots required for school will be given at this clinic.  
All children must be accompanied by an adult guardian or authorized representative. You **must** bring an up to date shot record for review.  
Your child may not be able to receive immunizations without a record of previous shots!*



**Childbirth Preparation...** The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes are scheduled for **August 6-September 3 from 6:30-8:30 p.m.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



**Stop Smoking Classes...** Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).

**Basic First Aid...** Please call for more information on the next class at the Health department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



**Hands-Only CPR, No Excuses**



The next Hands-only CPR class is on **Thursday, August 15** from 7-9 p.m., 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person, the fee must be paid in advance and there is no refund.



The Wakulla County Health Department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.

