

# PROLONGED HEAT EXPOSURE



## Enjoy the Summer!

Heat exposure can lead to medical problems and, if left unchecked, can become a medical emergency.

Signs and symptoms to watch for include one or more of the following:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and/or a rapid heartbeat
- Thirst

If you have these signs and symptoms, or see someone who is exhibiting these conditions:

- Move them out of the heat into the shade
- Provide them with cool water if they are able to drink. If the symptoms persist or worsen, call 9-1-1 or take the victim to a clinic or emergency facility.

Avoid heat exhaustion by:

- Maintaining hydration with cool water, even if you are not feeling thirsty
- Wearing light colored clothing to reflect the heat
- Wearing a hat when outside, preferably with a wide brim
- Planning your outside activities in the early morning or evening
- Avoiding alcohol and caffeinated drinks as these tend to cause dehydration