

WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, and prosperity.



Stay Safe in Summer Heat

Now that summer is here, remember that hot, humid weather can be a hazard to your health. In fact, hot weather causes more deaths than any other weather-related hazard. In hot and humid conditions, your body must work harder—just to maintain a normal temperature. Those with illnesses are at greater risk. The good news is that heat-related injuries are preventable.

1. Stay Cool

- Stay in air-conditioned locations as much as possible. If your home is not air conditioned find places in your community that are air conditioned. Find out if your community has a cooling center available during hot months.
- Don't stay in a hot car.
- If you are outdoors, take breaks from the heat, especially during the hottest part of the day.
- Take cool showers or baths to cool down.
- Cover your windows with drapes to keep out the hot sun.
- Consider using attic fans to clear hot air from your house.

Note: When the temperature outside is over 95 degrees, don't use electric fans to try to stay cool. At this temperature, fans create a false sense of comfort, and do not reduce body temperature.



2. Stay Hydrated

- Drink plenty of fluids, even if you don't feel thirsty.

3. Stay Protected

- Avoid strenuous or high-energy activities.
- Wear loose and lightweight, light-colored clothing.
- Wear sunscreen.
- When outdoors, stay in the shade and wear a hat with a wide brim.

4. Watch for Signs of Heat Stress

On hot days, watch for signs of heat illness in yourself and others. Heat cramps, heat exhaustion and heat stroke are possible on hot days. Signs of heat-related illness include:

- Muscle pains, cramps, or spasms
- Heavy sweating, paleness, weakness, dizziness, headache nausea or vomiting
- Confusion, fainting or unconsciousness.
- High body temperature (over 103 degrees) with dry skin (not sweating)
- Rapid pulse

If you feel sick and suspect it may be heat-related, sip a sports drink. Get medical help if you still don't feel better. If you experience very high body temperature, rapid pulse, or dizziness it can be an emergency. Get medical help immediately. By following these tips, you can reduce your risk of heat injury. Have a safe and enjoyable summer!

| HEAT EXHAUSTION | OR | HEAT STROKE |
|---|-------------------|--|
| Faint or dizzy | | Throbbing headache, confusion |
| Excessive sweating | | No sweating |
| Cool, pale, clammy skin | | Body temperature above 103° Red, hot, dry skin |
| Nausea or vomiting | | Nausea or vomiting |
| Rapid, weak pulse | | Rapid, strong pulse |
| Muscle cramps | | May lose consciousness |
| <ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses | CALL 9-1-1 | <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink |

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References:

<https://www.landmarkhealth.org/resource/tips-to-stay-safe-in-summer-months/>

<https://www.weather.gov/wrn/summer2018-heat-sm>