



★★ SUMMER HEAT ★★

The hot days of summer bring rising temperatures and higher humidity. If you are not properly prepared, it can take a serious toll on your body. It is very important to regulate the body temperature by drinking plenty of the correct types of fluids. Sweating is an effective way of dissipating the heat, except under high humidity when the air becomes denser. When the body temperature rises, heat related illnesses can result including heat cramps, exhaustion, or stroke.

Recognize the Warning Signs:

Illness	Symptom	Prevention
Heat Cramps	Muscle pain & spasms	Drink water or proper fluids.
Heat Exhaustion	Fatigue, nausea, headache, clammy skin, rapid heart rate, fainting	Move to cool area or shade. Drink water (moderately).Rest.
Heat Stroke	Hot, dry, red, & blotchy skin, confusion, convulsions, loss of consciousness	Immerse in cool water. Wrap in wet cloth.Get medical attention.

Prevention Techniques:

- Drink plenty of water.
- Wear loose, lightweight, light-colored clothing.
- Wear a hat that provides shade and protection from the sun.
- Take breaks.
- Avoid hot, heavy meals.
- Do not drink alcohol or caffeinated drinks, as they can cause dehydration.