



Heat Stress Fact Sheet

What: Heat stress is an illness caused by heat

Where: Outdoors – in the sun
Indoors – Hot rooms

When: Temperatures - 90°F or higher
Humidity above 60%

Who's at risk:

Persons with chronic problems: Heart or kidney failure, Diarrhea Infection or Fever, Drinking alcohol, Some Medications Reduced sweating, Overweight or underweight, Diabetes

Mild & Moderate Warning Signs

Mild:

Decreased energy
Slight loss of appetite, nausea
Lightheadedness

Moderate:

Heavy sweating, thirst, faintness, giddiness, headache, confusion

Treatment

Get person into cool place
Give more fluids to drink
Remove excess clothing
Rest

Serious Signs

Throbbing headache
Mental confusion
Irritability, combativeness
Rapid heartbeat, difficult in breathing
Dry Skin (no sweating)
Vomiting, diarrhea
Muscle Cramps, staggering

Treatment

Call 9-1-1
This is a medical emergency

How to Reduce your Risk

- Drink plenty of water
- Wear light colored, lightweight, loose clothing (cotton/synthetic blends are best)
- Wear a wide-brimmed hat, or use an umbrella for shade
- Spend time in air-conditioned areas (senior center, mall)
- Take extra cool baths and showers, and sprinkle yourself with water
- Keep windows open
- Use insulated drapes; keep blinds/shades closed during daylight hours
- Use fan, but only when there is cool air blowing
- Don't engage in vigorous activity in the heat of the day
- Don't travel outside in the heat of the day
- Don't wear dark, nylon clothing that is tight
- Don't drink alcohol or beverages containing caffeine (coffee, tea, soda)
- Don't eat hot, heavy foods
- Don't increase salt or potassium intake or take salt tablets without doctor's okay
- Don't use a fan to blow extremely hot air on yourself