

Danbury Hospital Trauma Service presents:

Sun and Extreme Heat Safety

Who is at greatest risk? Infants, children up to four years, the overweight, the chronically ill and people over 65.

Heat stroke: Occurs when the body is no longer able to regulate its temperature. Body temp may rise to 106 within 10–15 minutes. Heat stroke can cause death or permanent disability.

Warning signs of heat stroke: ~ Red, hot and dry skin (no sweating). ~ Rapid, strong pulse. ~ Throbbing headache. ~ Dizziness. ~ Nausea. ~ Confusion.
~ Unconsciousness.

Heat Exhaustion: Occurs after several days of exposure to high temperatures and inadequate or unbalanced fluid replacement. Those most prone are the elderly, those with high blood pressure, or exercising / working in a hot environment.

Warning signs of heat exhaustion: ~ Heavy sweating. ~ Paleness. ~ Muscle Cramps.
~ Tiredness. ~ Weakness, ~ Dizziness. ~ Headache. ~ Nausea / vomiting.
~ Fainting.



Information from the
Center for Disease Control

These self help measures are not a substitute for medical care but may help you recognize and respond promptly to warning signs of trouble. Your best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help you remain safe and healthy.



Electric fans may provide comfort, but will not prevent heat related illness when the temperatures are in the high 90's. Air conditioning is the best protection—exposure to air conditioning for a few hours a day can help reduce risk. Visit a local mall or library.

What steps can be taken to cool the body: ~ Drink cool NON ALCOHOLIC beverages. ~ Rest. ~ Take a cool shower, bath or sponge bath. ~ Seek an air conditioned environment. ~ Wear light colored, light weight clothing.

Heat rash - Is a skin irritation caused by excessive sweating during hot, humid weather. It is most common in young children. Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts and in elbow creases.

What steps can be taken for heat rash: ~ Provide cooler less humid environment. ~ Keep affected area dry. ~ Avoid using creams or ointments (they keep the skin warm and moist - and may make condition worse). ~ Dusting powder may be used.

How much to drink: During hot weather you will need to drink more liquid than your thirst indicates. Increase your fluid intake regardless of your activity. Avoid drinks containing alcohol and / or caffeine as they will cause you to loose more fluids. Don't wait until you are thirsty to drink. **Warning: If your Doctor has told you to limit how much you drink - talk to him about how much you should drink while the weather is hot.**

How to protect yourself: ~ Use common sense. ~ Drink plenty of fluids (non - alcoholic). ~ Wear light weight, loose fitting, light colored clothing. ~ Apply sunscreen. ~ Pace yourself. ~ Look for shade when possible. Stay in air conditioning.

Sunscreen:

Apply 1 hour before going out into the sun. Reapply frequently especially during the peak hours (10a—3p).

Remember that UV rays can still reach you on cloudy and hazy days as well as bright sunny days.

