



Extreme Heat!

Article courtesy of Spectrum Healthcare

Heat illness or heat-related illness is a spectrum of disorders due to environmental heat exposure. It includes minor conditions such as heat cramps, heat syncope, and heat exhaustion as well as the more severe condition known as heat stroke.

During a Heat Wave:

Slow down. Reduce activity during the heat wave. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day.

Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures. Foods (like proteins) that increase metabolic heat production also increase water loss.

Do not dry out. Drink plenty of water while the heat wave lasts. Persons who have epilepsy or heart, kidney, or liver disease, or who are on fluid restriction, or who have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

Do not take salt tablets unless specified by a physician. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

Avoid over-exposure and thermal shock during the first critical two or three hot days while you acclimate your body gradually.

Cool or at least ventilate your home; avoid enclosed rooms. Moving air, even if not cooled, helps cool you by evaporating your sweat.

Avoid alcoholic beverages and caffeine. They interfere with your body's ability to cool itself.

To prepare for extreme heat, you should:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.

The following are guidelines for what you should do if the weather is extremely hot:

- Stay indoors as much as possible and limit exposure to the

sun.

- Stay on the lowest floor out of the sunshine if air conditioning is not available.

- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.

- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.

- Drink plenty of water.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day.

NOAA's National Weather Service

Heat Index
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

ARENESS

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Condition	Symptoms	First Aid
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches	Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally. Apply dry, sterile dressings to any blisters, and get medical attention.
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	Get the victim to a cooler location. Place ice & water or chemical cold packs wrapped in cloth on cramping area. Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.)
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	Get victim to lie down in a cool place. Remove clothing. Apply cool, wet clothes. Fan or move victim to air-conditioned place. Give sips of water or a sport drink if victim is conscious, discontinue if victim is nauseated. Seek immediate medical attention if vomiting occurs.
Heat Stroke (a severe medical emergency)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim probably is not sweating unless victim was sweating from recent strenuous activity. Possible unconsciousness.	Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Remove clothing Try a cool bath, sponging, or wet sheet to reduce body temperature. Do not give fluids. Watch for breathing problems. Use extreme caution. Use fans and air conditioners.

Heat Index: Is an index that combines air temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature—how hot it feels. The result is also known as the “felt air temperature” or “apparent temperature”.

80° - 90°: Fatigue is possible with prolonged exposure and/or physical activity in this heat index.

90°- 103°: Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity in this heat index.

103°- 127°: Sunstroke, heat cramps or heat exhaustion is likely at this heat index, and heatstroke is possible with prolonged exposure and/or physical activity.

127° or Higher: Can cause heatstroke/sunstroke and is highly likely