# Ada County Emergency Management

# **Emergency Preparedness**

# Beat the Heat

**July 2017** 

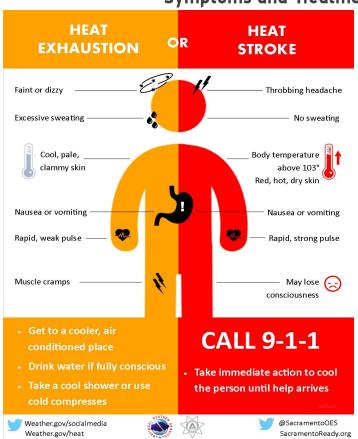
With the hottest time of the year upon us, it is important to be aware of the effects of summer heat. Small children, elderly persons, chronically ill or disabled, people taking certain types of medications and people with weight or alcohol problems are more susceptible to adverse heat reactions. Over exposure to extreme heat can be fatal, but taking the correct actions can save lives. Below are some heat related prevention and first aid tips from Centers for Disease Control and Prevention. For more information, visit

https://www.cdc.gov/extremeheat/warning.html

#### Prevent Heat-Related Illnesses

Wear appropriate cloth- ing	Stay cool indoors as much as possible	Limit outdoor activity to when it's coolest	Cut down exercise during the heat	Rest often in shady areas
Do not leave children and pets in cars	Stay hydrated by drink- ing more fluids	Keep pets hydrated	Wear sunscreen with UVA/UVB protection	Check local news for ex- treme heat alerts
	Replace salt and minerals lost from heavy sweating	Monitor those that are more susceptible to heat	Use a buddy system when working outside	Know the symptoms of heat-related illnesses

### Symptoms and Treatment of Heat Related Issues



#### **Heat Exhaustion Treatment**

- ⇒ Get the person to lie down in a cool place
- ⇒ Loosen or remove clothing
- ⇒ Apply cool, wet clothing
- Fan or move victim to air conditioned place
- ⇒ Give sips of water if victim is conscious
- Be sure water is consumed slowly
- ⇒ Give half glass of cool water every 15 minutes
- Discontinue water if victim is nauseated
- Seek prompt medical attention if vomiting occurs

## **Heat Stroke Treatment**

#### THIS IS A SEVERE MEDICAL EMERGENCY

Call 911 or emergency medical services, or get the person to a hospital immediately. Delays can be fatal.

- ⇒ Move person to a cooler environment and remove outer layers of clothing
- ⇒ Use fans and air conditions, try a cool bath, or wet sheet to reduce body temperature
- ⇒ Monitor person for breathing problems
- Do NOT give fluids







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