

Extreme Heat

Extreme heat occurs during the summer months and is easy to predict. Listen to the local weatherperson to learn when there is a heat wave in the area.

Things to Know:

Heat Cramps: First sign that the body isn't dealing well with the heat. This is the least dangerous form of heat illness.

Symptoms:

- Body temperature begins to rise (up to 102°F)
- Flushed looking appearance

What to do:

- Move to shade or a cool place and rest.
- Put cold rags on wrists, neck, and face.
- Stretch if you have a cramp.
- Drink water, and if possible a sports drink (NO carbonated drinks).



Heat Exhaustion: When the body sweats it loses water and salt. Without proper replacement the body cannot cool itself. This is more severe than heat cramps.

Symptoms:

- Muscle cramps
- Body temperature over 102°F
- Flushed looking appearance
- Nausea and vomiting
- Weakness
- Fatigue
- Faint feeling
- Diarrhea



What to do:

- Move to shade or a cool place and rest.
- Put cold rags on wrists, neck, face, armpits, or groin area.
- Stretch if you have a cramp.
- Drink water (NO carbonated drinks).
- If there is no improvement or if the person cannot drink fluids, take them to the emergency room immediately.

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Heat Stroke: Most severe of all heat related illnesses. When the body has stopped being able to cool itself. Very serious condition and it could possibly result in death if immediate action is not taken.

Symptoms:

- Body temperature over 104°F
- Warm skin
- Headache
- Flushed looking appearance
- Nausea and vomiting
- Loss of appetite
- Weakness
- Fatigue
- Confusion
- Possibly coma, seizures, and even death



What to do:

- Move to shade or a cool place to rest.
- Put ice under the person's armpits and on groin area.
- Drink water or preferably a sports drink (NO carbonated drinks).
- If there is no improvement, can't get the body temperature down, or the person won't take fluids, go to the emergency room immediately or call 911.

Heat stroke is a life threatening condition.

During A Day of Extreme Heat:

In General:

- Try to avoid outside activities.
- Drink plenty of fluids.
- Wear proper SPF sunscreen for your skin type.
- Wear loose-fitting, light colored clothing. Nothing dar.
- Wear sunglasses to protect your eyes from harmful UV rays.
- Do NOT leave animals, children, or the elderly inside a vehicle - even if you are just leaving the vehicle for a minute and have the windows rolled down. This is very dangerous.



For more information on extreme heat, visit the IDHS website at: www.in.gov/dhs.

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