



First Aid for Hot Weather Emergencies

People suffer heat-related illness when their bodies are unable to properly cool themselves. The body normally cools itself by sweating. Under some conditions, however, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

People at high risk

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

- Infants and children up to four years of age who rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older.
- People who are overweight.
- People who use alcohol excessively.
- People who overexert during work or exercise and may become dehydrated.
- People who are physically ill, especially with heart disease or high blood pressure, or those who take certain medications for depression, insomnia, or poor circulation.

Prevent Heat Emergencies

- Do not leave infants, children, or pets in a parked car even with windows open.
- Avoid hot foods and heavy meals—they add heat to your body.
- Drink plenty of fluids (nonalcoholic) - replace salts and minerals in your body. During physical exertion in hot environments, drink 2-4 glasses of cool fluids (mainly water) every hour. Avoid beverages containing large amounts of sugar or very cold drinks.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Provide plenty of fresh water for your pets and leave the water in a shady area.
- Wear lightweight, light-colored, loose-fitting clothing, wide-brimmed hats, sunglasses and sunscreen of SPF15 and over when being outdoors.
- Visit those at high risk at least twice daily and monitor them for symptoms of heat stroke or heat exhaustion.



Know the Facts

Health



HEAT EXHAUSTION

Can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

- Heavy sweating, cool, pale, clammy skin.
- Tiredness, weakness, dizziness, fainting.
- Muscle or abdominal cramps, headache, nausea or vomiting.
- Fast and weak heart rate, fast and shallow breathing.



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Care for Heat Exhaustion

- Remove or loosen clothing, place in shade, air conditioning, in front of a fan.
- Urge patient to lie flat with legs elevated.
- Give water or other non-alcoholic, electrolyte-containing fluids.
- Cool body with cold compresses on forehead, neck, and under armpits. Provide a cool shower, bath or sponge bath if possible.

Seek emergency medical attention if:

- Symptoms are severe.
- Person has heart problems or high blood pressure.

HEAT STROKE

Can occur if the body's temperature control system and the sweating mechanism fails. It is a potentially life threatening condition.

- An extremely high body temperature (above 39.4°C /103°F, orally).
- Red, hot, and dry skin (no sweating).
- Rapid, strong pulse, throbbing headache.
- Dizziness, nausea, confusion, convulsions.
- Unconsciousness.

Care for Heat Stroke

- Call 166 - be prepared to administer CPR if needed.
- Move victim to a cool, shady place. Remove or loosen clothing.
- Cool body by immersing in tub of cool water, or shower, or use garden hose, place in front of a fan, apply ice packs under armpits, neck and groin until body temperature falls under 38 C. Cover patient with a wet piece of cloth (a cotton sheet would do).
- Do not give any fluids to drink until EKAB arrives.
- Monitor patient for breathing, level of consciousness, pulse and body temperature until help arrives.

IMPORTANT TELEPHONE NUMBERS

Ambulance:166

Poison first aid: 210 779-3777

Pharmacies on duty: 14944

Emergency Hospitals:14944

European Emergency Number: 112