



## Stay Cool in the Heat!

Everyone looks forward to summer and all the fun it brings. However, summer fun can also bring heat-related problems if you are not prepared. In order to protect yourself, you should understand your body's response to heat, symptoms of over-exposure, contributing factors, and steps to prevent heat stress.

Your body has a built-in mechanism to regulate a normal temperature. This occurs when heat is released through the blood vessels and sweat. As external heat or your activity level rises, so should this process. However, excessive sweating combined with lack of adequate fluid intake can result in muscle cramps, heat rash, heat stress or heat exhaustion. Be aware of the following signs and symptoms, including dry pale skin, irritability, dizziness, weakness, headache, nausea, rapid pulse, convulsions, or loss of consciousness. If not corrected quickly, death can occur. There are also contributing factors that can adversely affect your body's response to heat. These include such things as age, obesity, consumption of alcohol or use of drugs. You should also be aware of the following common sense control measures for preventing heat-related illnesses:



1 Drink plenty of fluids (6 ounces every 15 to 20 minutes).



2 Take appropriate breaks from work or play and find shaded areas to rest when possible.



3 Wear appropriate clothing for the activity you are going to be involved with, usually something loose and light colored.



4 Acclimate yourself to the hot season by taking it easy the first 7 to 10 days.



5 Stay in good physical condition with regular exercise and weight reduction.



6 Eat wisely during the summer by reducing calorie intake including foods high in salt content.



7 Avoid special risk items such as alcohol, caffeine, and medication.



8 Prepare for your environment by wearing hats, sunglasses, or using sun block whenever you can.

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