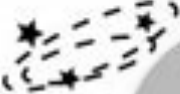











HEAT STRESS

Information from the St. Ignatius of Loyola Parish Health Ministry

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy 		Throbbing headache 
Excessive sweating 		No sweating
 Cool, pale, clammy skin		Body temperature above 103°; Red, hot, dry skin 
Rapid, weak pulse 		Rapid, strong pulse
Nausea or vomiting 		Nausea or vomiting
Muscle cramps 		May lose consciousness

- Get to a cooler, air-conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

Take immediate action to cool the person until help arrives

Tips from the CDC for Preventing Heat-Related Illness

WHAT CAN YOU DO?



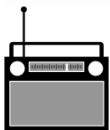
STAY COOL

- Find an air-conditioned shelter. Do NOT rely on a fan.
- Pace yourself, and try to limit outdoor activities to when it's coolest.
- Wear light-weight, light-colored clothing.
- Take cool showers or baths.
- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.



STAY HYDRATED

- Drink plenty of water. Don't wait until you are thirsty to drink.
- If your doctor limits the amount you drink or has you on water pills, ask how much you should drink during hot weather.
- Avoid sugary or alcoholic drinks.



STAY INFORMED

- Check your local news for extreme heat alerts, safety tips, and cooling shelters in your area.
- Learn the signs and symptoms of heat-related illnesses and know how to treat them (see the information on the other side of this paper).
- Use a buddy system. If you are age 65 years or older, ask a friend or relative to check on you twice a day.