

Heat wave BUDDY WATCH



Which of your buddies are at most risk?



Elderly and children under the age of 4

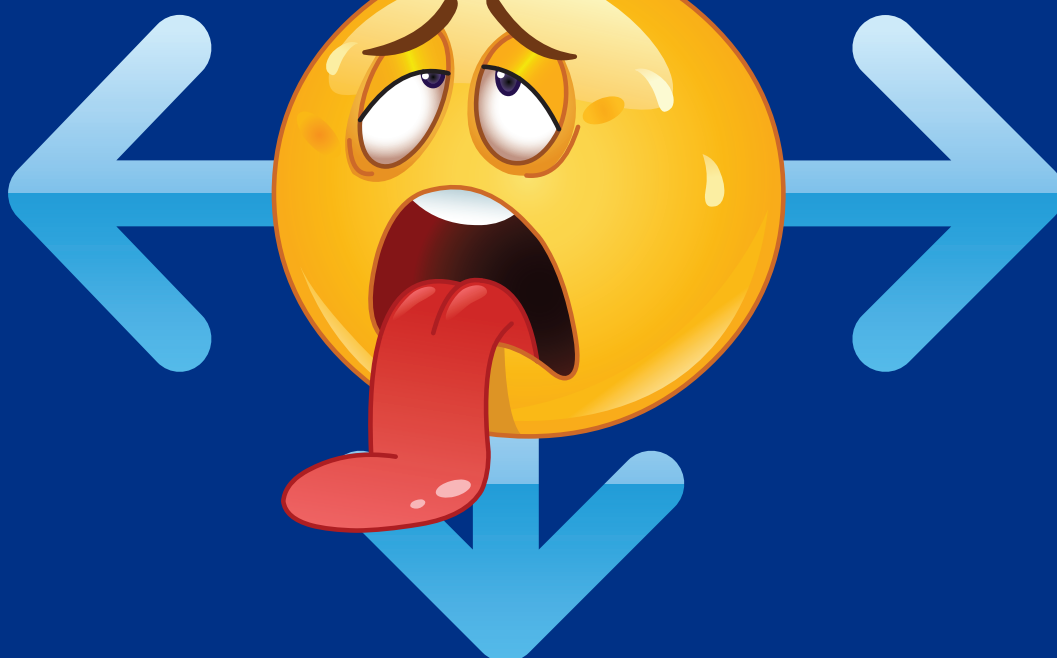


People with existing health issues such as heart disease

BE A BUDDY and recognize **heat illness** in others

HEAT CRAMPS

Often the first sign that your body can't handle the heat. These muscle cramps usually affect the legs, arms or abdomen.



HEAT EXHAUSTION

Can come on gradually (possibly over several days). Symptoms may include skin that is cool, moist and pale, dizziness, nausea, fainting, headache and muscle cramps. People with heat exhaustion may also develop fast, shallow breathing and a rapid, weak pulse.

HEAT STROKE

Medical Emergency! The body's systems for cooling itself are shutting down, and body temperature can rise to 106 degrees. **Look for:** Red, hot, dry skin - rapid, strong pulse - throbbing headache - dizziness - nausea - confusion - unconsciousness.



TIPS - avoiding heat illness



Air conditioning

Use air conditioning or cool showers to keep your body cool. If you don't have air conditioning, call your public health department to find out if there's a heat-relief shelter in your area.



Fluids

Drink plenty of fluids. When you're well-hydrated your urine should be very light or clear. This is especially important when you're active.



Planning

Schedule outdoor activities during the coolest parts of the day, usually mornings and evenings.



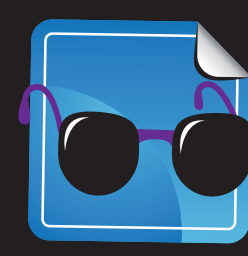
Clothing

Wear lightweight, light-colored and loose-fitting clothing



Caffeine or alcohol

Avoid caffeine and alcohol. They can both dehydrate you.



Summer Extras

When outside, wear a hat or visor, sunglasses and sunscreen.

