



BEATING THE SUMMER HEAT

The summer season is known for bringing extreme heat to Georgia. Temperatures can easily reach 100 degrees or even hotter. The heat can be especially dangerous to seniors, children, and persons with asthma. Limit exposure to the soaring temperatures by taking frequent breaks and drinking plenty of water. Be sure to monitor children at play and periodically check on seniors who live alone. People who work outdoors and those involved in outdoor recreational activities should take all necessary precautions in order to stay safe and cool.

Tips for Staying Safe During the Summer Heat:

- Stay hydrated during outdoor activities by drinking plenty of cool refreshing water.
- Take a cool shower, especially after outdoor activities or long exposure to the sun.
- Wear clothing that is lightweight, light-colored, and loose fitting. A brimmed hat and sunglasses provide protection to the head, face, and eyes.
- When outdoors remember to use plenty of sunscreen and always look for shaded areas to rest or to take breaks.
- Monitor weather conditions and consider staying indoors in the air conditioning when temperatures soar into the 90s. You may want to limit outdoor activities to early morning or late evening to avoid the hottest part of the day.

Heat Related Emergencies Signs and Symptoms:

Heat Exhaustion: Symptoms include rapid, shallow breathing, cold, clammy skin, heavy perspiration, general weakness, muscle cramps, and possible loss of consciousness. Heat exhaustion can rapidly progress to heat stroke if the victim remains exposed and does not replenish lost fluids.

Heat Stroke: Symptoms include deep breaths followed by shallow breathing, fluctuating pulse, dry hot skin, dilated pupils, loss of consciousness/possible coma, and seizures or muscular twitching. Heat stroke is a serious life threatening emergency wherein the victim's body can no longer cool down. Prolonged high body temperature could result in brain damage or even death.

Take the Following Actions If Any of the Above Signs or Symptoms Are Present:

- Get the person to a cool, shaded area out of direct sunlight (indoors and in the air conditioning is preferred).
- Loosen tight or constrictive clothing.
- Rapidly cool the person by placing cold wet cloths under the arms, between the legs, and on the back of the neck. (a cool mist or spray of water is also helpful).
- Fan the person to help lower the body temperature.
- If the person is conscious and alert and if their breathing is normal, hydrate them by providing cool water to drink. Avoid drinks with alcohol or high sugar content.
- Call for medical help as soon as possible.