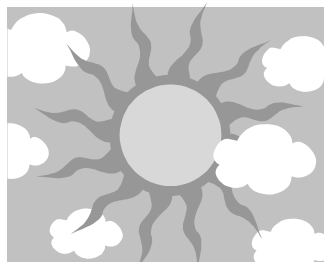




Health Matters

Part I

Heat Stress



Heat Exhaustion or Heat Stroke (commonly known as Heat Stress) is a potentially life-threatening condition. It occurs when the body is no longer able to regulate its temperature. This usually happens when the **indoor or outdoor** temperature is 90 degrees Fahrenheit or higher. Remember that humidity above 60% makes the body feel 10-20 degrees hotter! You need to prevent Heat Stress before it becomes life threatening.

Warning Signs

- Loss of energy
- Loss of appetite
- Sick to stomach
- Lightheadedness
- Prickly heat
- Muscle cramps
- Heavy sweating
- Thirst
- Confusion/giddiness
- Headache

If any warning signs of Heat Stress are present, do the following:

- Go to a cool environment
- Drink fluids
- Remove excess clothing
- Rest



The following symptoms are signs of severe Heat Stress:

- No sweating
- Hot, dry, flushed skin
- Throbbing headache
- Confusion
- Staggering
- Combativeness
- Body temperature 104°F or higher
- Rapid heartbeat or breathing
- Convulsions
- Loss of consciousness

If the symptoms become severe you may not be able to recognize them in yourself.

If you notice the above symptoms in yourself or others,



CALL 9-1-1

(To prevent Heat Stress, see Part 2)