



Summers in Sacramento are hot! Heat exposure can occur when the body is subjected to more heat than it can handle and normal mechanisms for getting rid of the excess heat are overwhelmed. Here are two types of heat-related illness to watch out for.

## Heat Exhaustion

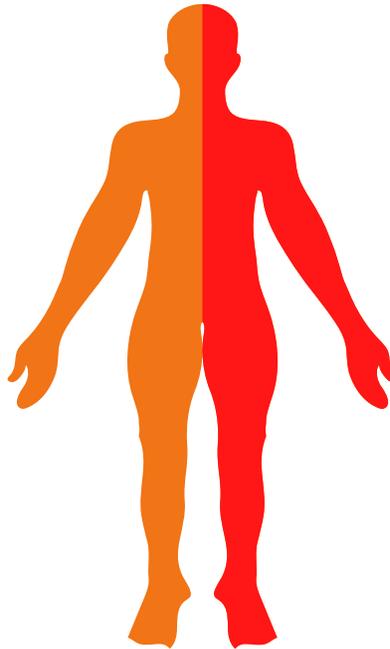
Dizziness, weakness, or fainting

Muscle cramping

Cold, clammy skin

Dry tongue and thirst

Normal or slightly elevated body temperature



Can occur while in a hot, humid environment and sweating heavily, or even at rest.

## Heat Stroke

Hot, dry, flushed skin

Lack of perspiration

Quickly rising body temperature

Falling level of consciousness

Change in behavior

Unresponsiveness

Seizures

Increased breathing rate

## Prevention

- Drink plenty of water and fluids with electrolytes (like gatorade).
- Wear loose fitting, lightweight clothing.
- Protect against sunburn - stay in the shade, wear sunscreen, and a hat.
- Take it easy during the hottest parts of the day.
- Avoid direct exposure to sunlight for more than 20 minutes at a time.
- Soak a towel, shirt or cloth with clean water and place around neck or on forehead.
- Be cautious if you're at increased risk. If you don't feel good in the heat listen to your body.

## Treatment

If you start to experience symptoms continue to drink water and sports drinks, pour cold water over your head and neck, stay in the shade, and rest.

**If symptoms worsen seek medical help - Call 911.**

**Untreated heat stroke always results in death.**

**Take immediate action to cool the overheated person while waiting for emergency treatment. Cooling measures: place cold soaked towels on their body, move into shade, immerse in a body of water or shower, remove excess layers of clothing.**