



HOW DO YOU STAY OUTSIDE DURING THE SUMMER WITHOUT BECOMING OVERWHELMED BY THE HEAT?

There are three common overheating situations that are common in the summer:

- 1) Sun Poisoning
- 2) Heat Exhaustion
- 3) Heat Stroke

The first line of defense is prevention,

- Wearing loose-fitting clothing
- Put on SPF 15 or greater
- Drink plenty of fluids like water or Gatorade
- Check to see if your medications interact badly with the sun.



224 NW Crane Avenue
Madison, FL 32340

CONTACT US

850-253-1907
coach@mcmh.us

MHCW.US
MCMH.US



SUMMERING WELL

How to balance the summer heat outside while not overheating on the inside

- Without prompt treatment, heat exhaustion can lead to heatstroke, dehydration, which lessens your body's ability to sweat and keep a normal temperature.
- Alcohol use can affect your body's ability to regulate your temperature.
- Overdressing, particularly in clothes that don't allow sweat to evaporate easily.

- | | |
|----------------------|------------------|
| 1. Heavy sweating | 6. Low B/P |
| 2. Faintness | 7. Muscle cramps |
| 3. Dizziness | 8. Nausea |
| 4. Fatigue | 9. Headache |
| 5. Weak, rapid pulse | |

Treatment:

- Get out of the sun.
- Take a cool (not cold) shower or bath or apply cool compresses.
- Drink extra fluids for a few days.
- Take ibuprofen or acetaminophen to relieve pain.
- Use aloe gel or a moisturizer.
- Completely cover sunburned areas when going outside.

HEAT STROKE

The most serious heat-related illness. It occurs when the body can no longer control its temperature, the body's temperature can rise to 106°F, the sweating mechanism fails, and the body is unable to cool down.

Other signs and symptoms are:

Altered mental state or behavior, confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heat stroke.

WHAT SHOULD YOU DO?

1. Put the person in a cool tub of water or a cool shower if possible.
2. Spray the person with a water hose.
3. Sponge the person with cool water.
4. Fan the person while misting with cool water
5. Place ice packs or cool, wet towels on the neck, armpits, and groin.
6. Cover the person with cool, damp sheets.
7. If conscious, offer chilled water, a sports drink containing **ELECTROLYTES**.
8. Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement. **Call 911.**

SUN POISONING

Sun poisoning is a severe sunburn that occurs after prolonged exposure to the sun's ultraviolet (UV) rays without adequate protection.

Symptoms can appear a few hours after exposure and can include:

Skin reaction, redness, swelling, bumps, blisters, itching, burning, peeling, or darkening of the skin

Pain:

Tenderness or pain, especially in the affected area

Other symptoms:

Fever, chills, nausea, headache, dehydration, fatigue, dizziness, confusion, fainting, or rapid heart rate.

Treatment:

Rehydrating with water, electrolyte-containing beverages, or IV fluids, using a cool compress, cool baths, aloe vera gel, or steroid cream to sore area, avoiding scratching or bursting blisters, gently exfoliating peeling skin, avoiding additional sun exposure