

PREVENT HEAT ILLNESS

Keeping cool

Can't stand the heat? You're not alone. Each year, warm weather takes a toll on many Americans. For some, it's a minor inconvenience. For others, it's far more serious.

According to the U.S. Environmental Protection Agency, approximately 1,500 people in the United States die every year because of heat waves. Many others experience a heat-related illness.

Heat exhaustion is the most common form of heat illness. It causes a high body temperature and profuse sweating. Other signs include cool, clammy skin; a rapid, weak pulse; nausea; headache; and dizziness.

Heatstroke occurs when the body's cooling system shuts down. A person may develop a high temperature and hot, dry skin but be unable to sweat. He or she may also have a strong, rapid pulse; be disoriented; or become unconscious.

Everyone is susceptible to these problems, but the very young, people 65 and older, and people with mental illness or physical health problems are among those at greatest risk.

If you recognize heat illness in someone, get the person out of the heat and cool him or her quickly. Seek emergency help for heatstroke.

Of course, the best strategy for heat illness is prevention. Follow these tips whenever the weather is warm: ➤ Drink plenty of nonalcoholic, noncaffeinated liquids. ➤ Stay indoors in air-conditioned locations. ➤ Wear lightweight,

loose-fitting clothing. ➤ When you must be outdoors, limit activity to the cooler parts of the day and seek shade.

**Be sure to stay
well hydrated
during hot weather.**

