

# ...And Staying Cool

## How can you prevent heat illness?

-  Keep hydrated by drinking cool (not cold) non-alcoholic beverages.
-  Find shelter in an air-conditioned environment. If you don't have air-conditioning in your home, spend some time in another air-conditioned environment (library, mall, etc.) during the hottest part of the day.
-  Wear light weight clothing.
-  Don't engage in strenuous activities during the hottest hours of the day.
-  Take frequent breaks to rest and hydrate.
-  Remember to check your backseat for children before exiting the vehicle.

## How to treat heat illness

Remember, children and those age 65 and older are more prone to heat related health problems.

### If you find someone suffering from heat illness:

-  Have the person rest in an air-conditioned building, room, or car.
-  Give the person water.
-  Apply cold compresses to neck, armpits, groin.
-  Seek medical attention, **call 911.**



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# Beat the Heat

## Heating Up...

Heat is one of the leading weather-related killers in the U.S., on average, more than 600 deaths occur each year.

Your body normally cools itself by sweating. During hot weather, especially when it is very humid, sweating just isn't enough to cool you off. Your body temperature can rise to dangerous levels and you can develop a heat illness.

### Types of Heat Illness

#### Heat Cramps

Heat cramps are brief, painful muscle cramps in the legs, arms, or belly that can happen during or after vigorous exercise/activity in extreme heat.

#### Heat Exhaustion

Heat exhaustion can happen when someone in a hot climate or environment hasn't been drinking enough liquids.

**Symptoms can include:** increased thirst, weakness, dizziness or fainting, muscle cramps, nausea and/or vomiting, irritability, headache, increased sweating, cool, clammy skin and a raised body temperature, but less than 104°F (40°C)

#### Heatstroke

Heatstroke is a life-threatening medical emergency. **Call 911.**

During heatstroke, the body cannot regulate its own temperature. Body temperature can soar to 106°F (41.1°C) or even higher, leading to brain damage or even death if it isn't quickly treated. Prompt medical care is needed to bring the body temperature under control.