

BEAT THE HEAT

- Start the day with 16 to 20 ounces of water
- Avoid excessive Caffeine and alcohol use
- Be aware that some medical conditions and medications such as diuretics and blood pressure medications may increase the risk of heat illness
- Conduct outside activities early/late when outside temperatures are cooler
- Set a timer for water breaks – every 15 minutes
- Work in pairs, watch for signs and symptoms of heat illness
 - Especially any change in mental status
 - **If change in mental status - CALL 911 IMMEDIATELY**
- Be aware that it can take a day or two to orally rehydrate. If you experience any heat related symptoms, the risk of heat illness will be increased, be careful over the next few days if you are exposed to the heat.

HEAT STROKE and **HEAT EXHAUSTION** often share some of the same signs and symptoms. Progression from heat exhaustion to heat stroke can occur rapidly.

If any symptoms such as **dizziness, fainting, headache, cramps, nausea/vomiting, rapid heart rate, rapid breathing rate, or change in mental status** are present:

- Move to a cooler area (preferably air-conditioned environment)
- Remove unnecessary clothing
- Drink fluids if possible (do not force if altered mental status present)

**IF NO RELIEF FROM SYMPTOMS WITHIN 15 MINUTES –
CALL 911**