

Some Important Facts

- If you do not have air-conditioning in the summer months, it is possible to suffer from heat stroke **indoors!**
- Heat related illnesses are the leading cause of death and disability for high school students in the United States.
- Most heat related illnesses happen in August.
- In the United States, an average of 313 people die every year of heat related illnesses, more than from any other natural hazard.
- Thirty-one high school football players and eight collegians died from heatstroke from 1995 through 2009.
- Most heat stroke victims tend to be elderly. This is due to pre-existing health conditions, and medications they might be taking. They frequently do not have an air-conditioner in their home.

To watch an informational video about heat stroke, scan this QR code with a smart phone.....



You can also find the video on the Video page of our website. See the web address below.

Some of the information in this brochure is from Medicinenet.com, and the Missouri Department of Health and Senior Services.



Little Rock, Arkansas

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Keep Your Cool! Information About Heat Stroke



What you need to know to play it safe.

Heat Stroke

Warning Signs

Whenever the temperatures soar, pay attention to yourself and those around you. Watch for these warning signs:

- Extremely high body temperature (above 103° F orally)
- Absence of sweating, and red, hot skin
- Rapid pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Prevention

- Be aware of the warning signs of heat-related illness, such as light-headedness, mild nausea or confusion, sleepiness or profuse sweating.
- While outdoors, rest frequently in the shade.
- Schedule outdoor activities carefully, preferably before noon or in the evening.
- If unaccustomed to working or exercising in the heat, start slowly, and limit your exercise or work time.
- Always wear sunscreen to protect your skin from the sun's harmful rays. Sunburn affects your body's ability to cool itself and causes a loss of body fluids.
- Wear lightweight, light-colored, loose-fitting clothing.
- When you are working in the heat, monitor the condition of your co-workers and have someone do the same for you. If you are 65 years of age or older, have a friend or relative call to check on you twice a day when hot weather health advisories have been issued.
- Stay indoors and in an air-conditioned environment. If air conditioning is not available, consider a visit to a shopping mall, public library, movie theater, supermarket or other air-conditioned location for a few hours.
- Increase your fluid intake—regardless of your activity level.
- Avoid drinks containing caffeine, alcohol, or large amounts of sugar because they will actually cause you to lose more fluid. Also, avoid very cold beverages because they can cause stomach cramps.
- Electric fans may be useful to increase comfort and to draw cool air into your home at night, but do not rely on a fan as your primary cooling device during a heat wave.

How to Treat Heat Stroke

- **Immediately call 9-1-1** for medical assistance.
- Move the victim to a cool or shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place in a cool shower; spray with cool water from a garden hose or sponge with cool water.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102° F or lower (98.7° F is normal)
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

