

SUMMER EXCESSIVE HEAT WAVES

KNOW WHAT THESE TERMS MEAN SO YOU CAN BE PREPARED:

HEAT WAVE:

Prolonged heat and humidity. The National Weather Service warns the public of these excessive heat and humidity periods.
Listen to the weather reports.

HEAT INDEX:

The [temperature](#) the body feels when the effects of heat and humidity are combined. High relative humidity retards evaporation, robbing the body of its ability to cool itself thus increasing the physical effects of the actual measured temperature. When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat related illnesses and disorders may develop.

HEAT CRAMP:

Heat cramps are defined as muscular cramps and spasms due to excessive heat. They are usually not severe, but are a sign that you are being troubled with the heat.

Treatment:

- **Go to cooler place, such as shade or air conditioned site.**
- **Stretch the muscles slowly and carefully.**
- **Replenish fluids slowly.**
- **Check for improvement.**

HEAT EXHAUSTION:

People who exercise or work in a hot humid place during a heat wave are at risk for heat exhaustion. Body fluids are lost due to heavy sweating. Blood flow may decrease to the vital organs and can cause mild shock. This must be treated immediately.

Symptoms: Cool, moist, pale or flushed skin and heavy sweating. Other symptoms include nausea, vomiting, dizziness, and exhaustion. Body temperature will be normal throughout these symptoms.

Treatment:

- **Immediately get the person out of the heat and loosen clothing.**
- **Apply cool wet towels or other materials.**

- **Give cool water to drink after checking for consciousness.**
- **Observe the person and check for any changes in condition.**

HEAT STROKE:

This is a life-threatening condition. The body temperature can rise so high, brain damage and death may result if not cooled quickly.

Symptoms: Hot, red skin color. May become unconscious or disoriented. Body temperature can be very high and medical attention should be sought immediately. This is the worse condition and can be life threatening.

Treatment:

- **Call 911.**
- **Take to a cooler place and cool the body in any way possible.**
- **Wrap with cool sheets or towels.**
- **Check for breathing problems.**
- **Keep person conscious until help arrives.**

*If a **heat wave** is predicted, please do the following:*

- Slow down. Avoid strenuous activity.
- If you have to do outdoor activity, do it in the coolest part of the day.
- Stay indoors as much as you possibly can.
- Stay in air conditioning if possible.
- Stay in the shade and out of the sun.
- Go to a public building that has air conditioning.
- Be aware that electric fans do not cool the air, but only blow hot air around.
- Wear clothes that are made of lightweight material and light colors.
- Drink plenty of water or fluids, even if you don't feel thirsty.
- Stay away from alcohol and caffeine beverages.
- Avoid using salt tablets unless directed by a physician.

If you have any questions or problems, call the Hamilton Township Division of Health at 890-3884.