When Your Body Gets Hot

- Normal cool-down
- Who’s at risk
- Heat-related illness
  - Heat cramps
  - Heat exhaustion
  - Heat stroke
Heat Cramps

- Muscle pains or spasms (abdomen, arms, legs)
- What to do
  - Stop activity and sit in a cool place
  - Drink clear fluids or a sports beverage
  - Get medical help if cramps last longer than one hour
Heat Exhaustion

• Who?- elderly, high blood pressure, work in hot environment

• Warning signs
  – Heavy sweating
  – Paleness
  – Tiredness
  – Weakness
  – Headache
  – Nausea/vomiting
  – Fainting
Heat Exhaustion - What to do

- Seek help immediately if history of heart problems or high blood pressure
- Cool off
  - Drink cool, non-alcoholic beverages
  - Rest
  - Take a cool shower, bath, sponge bath
  - Get to the air conditioning
Heat Stroke

• It’s a medical emergency!!!!!
• Warning signs
  – Red, hot, dry skin (no sweating)
  – Throbbing headache
  – Dizziness
  – Nausea
  – Confusion
  – Unconsciousness
Heat Stroke - What to do

• Call 911
• Get victim to shady area
• Rapid cool down
  – Cool tub, shower
  – Spray with garden hose
  – Wet sheet, fan
  – NO alcoholic beverages
Prevention is the Key

- Drink fluids
- Avoid fluids with caffeine, alcohol, or large amounts of sugar
- Rest in shady areas
- Wear lightweight clothing and wide-brimmed hat
Be Sun Savvy

Excessive exposure to the sun can cause
– Premature aging and changes in skin texture
– Cataracts
– Skin Cancer
Who’s at Risk?

• Unprotected and/or excessive exposure
• Fair complexion
• Blue or green eyes
• Blond or red hair
• Family history
• History of sunburns early in life
Signs of Skin Cancer

- Any change on the skin
- Scaliness, oozing, bleeding of bump or nodule
- Spread of pigmentation beyond border
- Change in sensation, itchiness, tenderness, or pain
Protect Your Skin

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wear sunglasses
- Check your skin
Slip on a Shirt

- Loose fitting
- Long sleeve shirt and long pants
- Tightly woven fabric
Slop on Sunscreen

- UVA and UVB
- At least SPF of 15
- Generous amounts and re-apply often
Slap on a Hat

- Tight weave
- Wide brim that shades faces, ears, neck
- Baseball cap plus sunscreen
Final Reminders

- Grab sunglasses
- Know the warning signs
- Check skin monthly