

# Beating the Summer Heat

playing it safe

Safety and health tips for your work, home and life—brought to you by the insurance and safety specialists at Sylvia & Company Insurance Agency.

## *Tips for staying cool when summer heats up*

Summer heat can be more than uncomfortable — it can be a threat to your health, especially for older adults and children. Whatever your age, don't let the summer heat get the best of you.

### Heat exhaustion

Heat exhaustion occurs when a person cannot sweat enough to cool the body, usually the result of not drinking enough fluids during hot weather. It generally develops when a person is playing, working, or exercising outside in extreme heat.

Symptoms include:

- Dizziness, weakness, nausea, headache, and vomiting
- Blurry vision
- Body temperature rises to 101°F
- Sweaty skin
- Feeling hot and thirsty
- Difficulty speaking

A person suffering from heat exhaustion must move to a cool place and drink plenty of water.

### Heat stroke

Heat stroke is the result of untreated heat exhaustion.

Symptoms include:

- Sweating, and awareness of heat and thirst, stops
- Body temperature rises rapidly to above 101°F
- Confusion or delirium
- Possible loss of consciousness or seizure

Heat stroke is a serious medical emergency that must be treated quickly by a trained professional. Until help arrives, cool the person down by placing ice on the neck, armpits and groin. If the person is awake and able to swallow, give fluids.

### Tips for staying cool

- *Drink plenty of water.* In hot weather, drink enough water to quench your thirst. The average adult needs eight 8-ounce glasses of water a day, and more during heat spells.
- *Dress for the weather.* When outside, wear light-weight clothing of natural fabric and a well-ventilated hat.
- *Stay inside when possible.* Do errands and outside chores early or late in the day.
- *Eat light.* Replace heavy or hot meals with lighter, refreshing foods.
- *Think cool!* Take a cool shower or apply a cold compress on your pulse points. Or, visit an air conditioned mall or movie theater.



## When the mercury rises...

Staying well-hydrated is one of the most important things you can do to beat the heat. Feeling thirsty means that your body is on the road to becoming dehydrated so don't wait to drink until you are thirsty — especially if you are working or exercising outside in extreme heat.