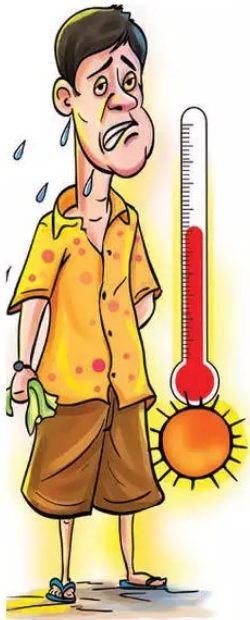


Wellness Wednesday

BEAT the HEAT

BEAT THE HEAT THINGS TO REMEMBER



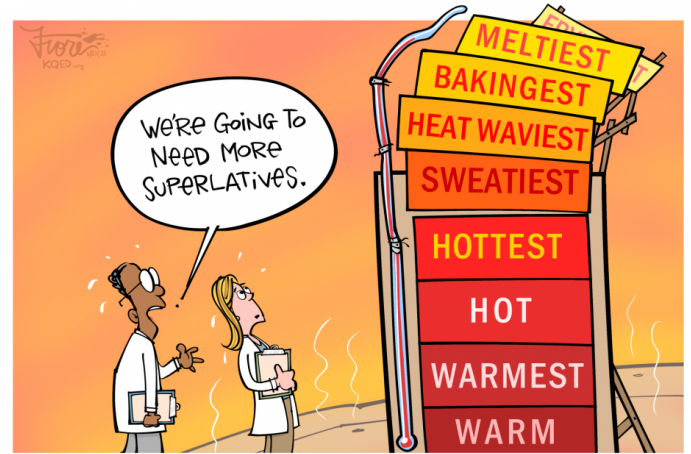
How it impacts health
Dehydration, cramps, exhaustion or heat stroke are common. But heat stroke can be fatal as it induces seizures or coma

DOS

- Stay in a cool place
- Wear loose, thin cotton garments
- Wear a hat
- Avoid outdoor activities between 12 noon and 3pm
- Drink a lot of water or buttermilk
- Reduce room temperature by watering, using window shades, fanning and cross ventilation
- Ensure that a person suffering from heat stroke has minimum clothing
- Sponge a person with cold water
- Shift a person to a hospital if he/she doesn't show any signs of improvement

DON'TS

- Expose yourself to direct sunlight or hot breeze
- Move under hot sun without umbrella
- Wear black, thick clothes
- Allow direct hot air into a room



Heat cramps



Symptoms

muscular pain, spasm in the legs or abdomen

Caused by

exposure to high heat, loss of fluids



How to fix it

drink electrolytes with water, avoid heavy workouts

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

Confusion

Dizziness

Becomes Unconscious

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.