

HEAT is the #1 cause of weather-related injury and death in Missouri and the U.S.

Heat-Related Illness

During extremely hot weather, the body's ability to cool itself is challenged.

Heat Cramps

Symptoms: Painful muscle cramps and spasms usually in legs and abdomen. Heavy sweating.

First Aid: Apply pressure massage to relieve spasm. Seek immediate medical attention if cramps last longer than 1 hour.

Heat Exhaustion

Symptoms: Heavy sweating; weakness or tiredness; cool, pale, clammy skin; fast, weak pulse; muscle cramps; dizziness, nausea or vomiting; headache; fainting.

First Aid: Move person to a cooler environment, preferably a well air-conditioned room. Apply cool, wet cloths or have person sit in a cool bath. Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour.

Heat Stroke

Symptoms: Throbbing headache; confusion; slurred speech; nausea; dizziness; body temperature above 103°F; hot, red, dry or damp skin; rapid and strong pulse; fainting; or loss of consciousness.

First Aid: Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures.

Do **NOT** give fluids.

Understanding Advisory, Watch, & Warning

Heat Advisory	Very hot weather is present. Consider rescheduling outdoor activities. If you must be outside, drink plenty of water and take frequent breaks in the shade.
Extreme Heat WATCH	Dangerous heat is <i>possible</i> . Conditions are favorable for extreme heat event but timing is uncertain. Reschedule outdoor activities if a warning is issued. If you do not have air conditioning, go to a cooling center and consider relocating overnight.
Extreme Heat WARNING	Extremely dangerous heat is <i>happening or about to happen</i> . Avoid outdoor activity and direct sunlight. Stay hydrated and stay indoors. Consider relocating to an air-conditioned location.

Heat & Medications

Be aware, the following medications cause sun sensitivity:

- Antibiotics (ex: Doxycycline, Ciprofloxen, Sulfonamides)
- Acne medications (ex: topical retinoids)
- NSAIDs (Ibuprofen and Naproxen)
- Diuretics (often used for high blood pressure)
- Antihistamines (ex: Benadryl)
- Heart medications (some Antiarrhythmics)
- Diabetes medications (ex: Sulfonylureas)
- Antidepressants (ex: Amitriptyline)

Heat & Vehicles

Car interior air temperatures can rise rapidly during the heat.

Exterior Temperature				
	70°	80°	90°	100°
10 min.	89°	99°	109°	119°
30 min.	104°	114°	124°	134°
60 min.	113°	123°	133°	143°

80% of heat rises in the first 30 minutes and temperatures can exceed **150°**

It's not safe to stay in the car in the heat. **Not even for a minute!**