

## How to Spot and Treat Health Problems Caused by Heat

<h3>DEHYDRATION</h3>	<p><b>WHAT IT IS:</b> A loss of water in your body. It can be serious if not treated.</p> <p><b>WARNING SIGNS:</b> Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p><b>WHAT TO DO:</b> Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, "sports drinks" such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.</p>
<h3>HEAT STROKE</h3>	<p><b>WHAT IT IS:</b> A very dangerous rise in your body temperature. It can be deadly.</p> <p><b>WARNING SIGNS:</b> A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.</p> <p><b>WHAT TO DO:</b> Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try and see if you can safely swallow water or sports drinks. Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.</p>
<h3>HEAT EXHAUSTION</h3>	<p><b>WHAT IT IS:</b> A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p><b>WARNING SIGNS:</b> Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.</p> <p><b>WHAT TO DO:</b> Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.</p>
<h3>HEAT SYNCOPE</h3>	<p><b>WHAT IT IS:</b> Fainting caused by high temperatures</p> <p><b>WARNING SIGNS:</b> Dizziness or fainting.</p> <p><b>WHAT TO DO:</b> Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>

[Healthinaging.org](http://www.healthinaging.org) (2017). Retrieved from <http://www.healthinaging.org/resources/resource/hot-weather-safety-tips-for-older-adults/>

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems.

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