

## **Heat Exhaustion**



I know that we have already had a hot and windy summer, but with the hot days August fast approaching we need to be aware of the dangers of heat exhaustion and take precautions to prevent this from happening to ourselves or others.

Heat exhaustion symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe, according to the Mayo Clinic.

Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Heat exhaustion symptoms may develop suddenly or over time, especially with prolonged periods of exercise.

Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable so watch for these heat exhaustion symptoms:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

If you think you're experiencing heat exhaustion symptoms:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water or sports drinks
- Contact your doctor if your signs or symptoms worsen or if they don't improve within one hour.
- Seek immediate medical attention if your body temperature reaches 104 F (40 C) or higher.