

Don't Get Beat by the Heat

Hey, it's hot out there! Make sure you are taking care while doing heavy work in hot environments...you could be at risk of experiencing heatstroke—especially if you haven't been drinking enough fluids. The Mayo Clinic offers the following information about heatstroke:

You may be at high risk if you are:

- * An older adult
- * Obese
- * A person who was born with an impaired ability to sweat

Other risk factors:

- * Dehydration
- * Alcohol use
- * Cardiovascular disease
- * Certain medications

Signs of Heatstroke

- * Elevated body temperature (generally greater than 104° F) and changes in mental status—from personality changes to confusion and coma
- * Hot and dry skin (unless the heatstroke was caused by exertion, in which case, the skin is usually moist)
- * Rapid heartbeat
- * Rapid and shallow breathing
- * Elevated or lowered blood pressure
- * Cessation of sweating
- * Irritability, confusion or unconsciousness
- * Fainting

What to do if someone around you is experiencing heatstroke:

1. Move them out of the sun. Get into a shady or air-conditioned space.
2. Call for emergency medical assistance. Dial 911!
3. Cool them down by covering them with damp sheets or spraying them with cool water. Fan them with a newspaper or a fan.

Prayer: *Creator God, thank you for the warm sunny, days of summer. Help us to be mindful of the beauty of this season. Fill us with your spirit, as we pace ourselves in the heat and are watchful of those who may be vulnerable. Amen.*

For more information visit:

www.Mayoclinic.com (search for heatstroke)

www.medlineplus.gov (search for heatstroke)