



Beat the Heat

Prevent Heat-Related Illness



Heat-related illness occurs when your body works to cool itself under extreme or prolonged heat exposure. As blood rushes to the skin to help cool the body, less blood reaches your brain, muscles, and other organs. This can interfere with physical strength, mental capacity, and in some cases lead to serious danger.

Signs and Symptoms

- High body temperature
- Hot, red, dry or moist skin
- Rapid strong pulse (heat stroke)
- Heavy sweating
- Cold, pale, clammy skin
- Nausea or vomiting
- Weakness or fainting
- Fast, weak pulse (heat exhaustion)

Figure 1. Number of Encounters for Excessive Heat at Hendricks County Emergency Departments for School-Aged Children, 2010-2015*

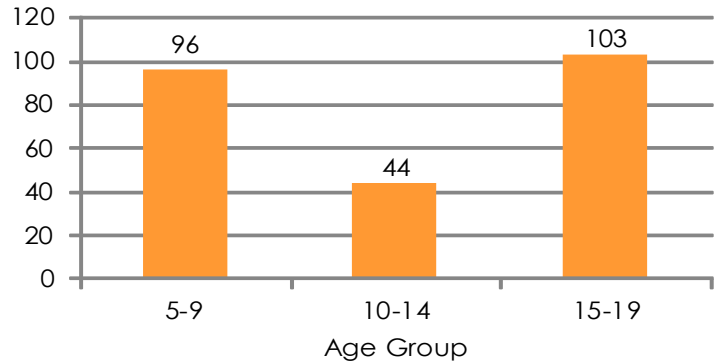


Figure 1 shows the age group with the largest number of patients seen in Hendricks County emergency departments for excessive heat from 2010—2015 was the 15-19 year old age group.

Figure 2. Number of Encounters for Excessive Heat at Hendricks County Emergency Departments, 2010-2015 *

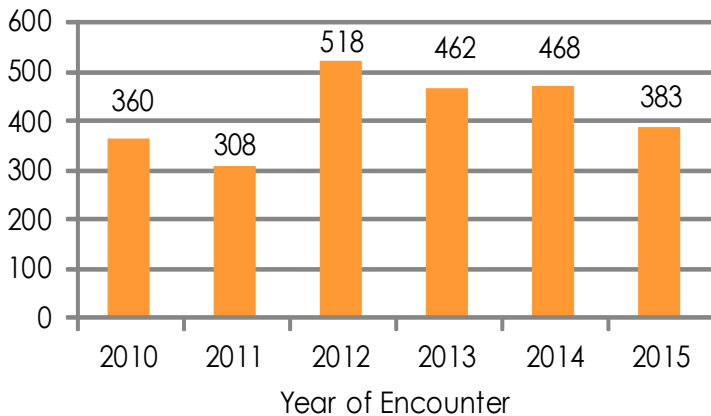


Figure 2 shows the number of emergency department encounters in Hendricks County emergency departments from 2010—2015. Of the total number of patients seen at Hendricks County emergency department, 65% were Hendricks county residents.

Prevention

- Limit outdoor activity, especially during midday when sun is hottest.
- Wear and reapply sunscreen
- Pace activity—start slow and pick up the pace gradually.
- Drink more water than usual—don't wait until you are thirsty!
- Wear light-colored, loose, and lightweight clothing.
- Schedule workouts and practices early or late in the day.

*These data are from ISDH ESSENCE and are based on Emergency Department chief complaints from Hendricks County Hospitals. Sources: CDC: <http://emergency.cdc.gov/disasters/extremeheat/>; National Institute of Medicine: <https://www.nlm.nih.gov/medlineplus/heatillness.html>



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