

Don't Lose Your Cool This Summer

As the temperatures heat up this summer it is important to take care of your body to reduce your chance of a heat related illness such as heat cramps, heat exhaustion or heat stroke.

Heat Cramps are muscle pain and spasms due to heavy exertion. The cramps usually occur in the stomach or leg muscles and can take place after heavy sweating. If you suspect a heat cramp get to a cool place and drink water throughout the day. If cramps persist, contact your healthcare provider for medical advice.

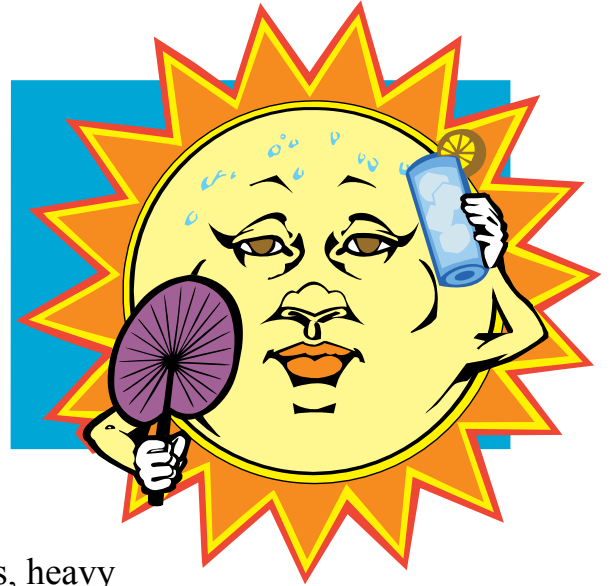
Heat Exhaustion occurs when sweating leads to excess loss of fluids and salts. The symptoms include weakness, heavy sweating, nausea and a rapid pulse. If any of these symptoms occur, rest in a cool place and drink cool liquids such as water, fruit juices or fruit-based drinks such as lemonade. If symptoms persist for several hours or worsen, consult a healthcare provider.

Heat Stroke is the most severe heat related illness because the body stops sweating. The following symptoms may indicate heat stroke: severe headache, red and dry face, skin hot to the touch, body temperature of 102°F or above, vomiting or confusion. If these symptoms are present you should contact a healthcare provider immediately to determine what care is needed.

Common Tips to Avoid a Heat Related Illness

- Wear loose fitting, lightweight clothing in hot weather
- Rest frequently
- Avoid hot weather
- Drink plenty of cool (not cold) water, avoiding drinks with caffeine, alcohol and large amounts of sugar
- Stay cool by using fans or air conditioners or visiting community cooling centers
- Avoid activities that require you to be in the heat

By following these simple steps, you can have a cool, safe summer.



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Health Department**

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