



The summer and some-
times spring months can
be uncomfortable and poten-
tially life threatening if you be-
come over exposed to heat.

Alameda County Public Health Department
encourages residents to be aware of health
risks during warm weather days. If you have
very young, elderly or other vulnerable peo-
ple living with or near you, following these
guidelines could make a big difference.

PREPARING FOR A HEAT WAVE

- ✓ Store at least one gallon of water per person, per day.
- ✓ Check with your doctor if you are on a fluid-restricted diet.
- ✓ Keep easy-to-prepare, nonperishable foods available (packaged snacks, fruits, water and juices).
- ✓ Set up a "BUDDY" system where family, friends or others can check on each other via phone or visits.
- ✓ Keep essential medicines and prescription information and a small first aid kit available.
- ✓ Know the names, addresses, and telephone numbers of your doctors and pharmacists.

SEEKING RELIEF FROM THE HEAT

The following buildings may provide air-conditioned refuge during the warmest part of the day.

- ✓ Libraries
- ✓ Senior centers
- ✓ Community centers
- ✓ Movie theaters
- ✓ Shopping malls
- ✓ Places of worship
- ✓ Grocery stores

Please call 9-1-1 for any serious heat-related medical condition!

For more information or advice on heat emergencies contact:

Alameda County Public Health Dept.
1000 Broadway, Suite 500
Oakland, CA 94607
(510) 267-8000
www.acphd.org

Alameda County EMS
1000 San Leandro Blvd.
San Leandro, CA 94577
(510) 618-2050
www.acphd.org/ems

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HEAT WAVE

Are you Prepared?

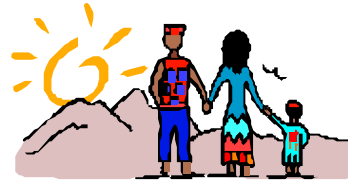
Tips for you and your family to be better prepared to deal with the inevitable heat of summer



Alameda County Public Health Department
Division of Emergency Medical Services

RECOGNIZING AND TREATING HEAT ILLNESS

The heat of summer is nothing new to humans. We have developed an amazing ability to deal with warm temperatures. The normal human response to heat is to sweat and increase the blood flow to our skin. Air moving over our moist skin (a breeze, for example) allows our bodies to cool, which is critical in maintaining a normal body temperature. We can help our bodies to adapt to heat if we drink more water, cut down on physical activities, and seek out cool locations. It is also important to eat regularly so that our bodies will get essential calories and electrolytes (important salts needed to maintain normal body function).



Heat Illness can affect anyone,. However, the very young, elderly, physically impaired, obese, and those taking certain medicines are at even higher risk. Some medications (diuretics, anti-depressants and blood pressure medicine) can alter the body's normal response to heat. Consult with your doctor on this very important issue. Do not change your medication schedule without your physician's advice.

The following chart is a summary of the more common heat illnesses.
Please do not hesitate to call 9-1-1 if any heat related problem seems serious. **Heat stroke kills!**

PROBLEM	CAUSE	SIGNS & SYMPTOMS	TREATMENT
Heat Cramps (sore)	<ul style="list-style-type: none"> Overworked muscles Dehydration (lack of water) Low electrolytes fatigue 	<ul style="list-style-type: none"> Painful muscle spasms Muscles cramps (Usually calves, thighs and shoulders) 	<ul style="list-style-type: none"> Rest Hydration with commercially available electrolyte solutions (e.g. Gatorade) Stretching and massaging the affected muscles
Heat Exhaustion (sick)	<ul style="list-style-type: none"> Low fluid intake Fluid and electrolyte losses through sweating Excessive activity often a contributing factor 	<ul style="list-style-type: none"> Weakness—feeling sick Lightheaded (especially while standing up) Nausea, vomiting Headache Skin moist, may be “cool and clammy” 	<ul style="list-style-type: none"> Get out of the hot environment Stop activity Cool down—rest Replace fluids and electrolytes (sips) Prevent recurrence Consider calling 9-1-1 or get medical attention
Heat Stroke (serious/life threatening)	<ul style="list-style-type: none"> Body cooling system overwhelmed Severe dehydration and/or excessive activity 	<ul style="list-style-type: none"> Severely altered mental status (confused, lethargic, disoriented, combative) Possibly unconscious Seizures are common Hot skin (may be moist or dry) 	<ul style="list-style-type: none"> CALL 9-1-1, GET HELP Cool the person down with whatever means available (pour cool water over them, remove clothing, fan them, put ice packs at groin and armpits) Repeat if necessary

DURING A HEAT WAVE

- ✓ Do "check ins" during and after the hottest part of the day.
- ✓ Avoid direct sun and heat.
- ✓ Minimize activity during the hottest part of the day, 11 a.m. – 3 p.m.
- ✓ Stay cool in an area with air-conditioning or an electric fan.
- ✓ Drink water and other fluids throughout the day and evening.
- ✓ Avoid caffeine, sugar & alcohol.
- ✓ Do not ever leave people or pets alone in parked cars.
- ✓ Wear light-colored, lightweight, loose fitting clothing.
- ✓ Eat small meals. Avoid fats and proteins. Avoid cooking; eat leftovers.
- ✓ Close blinds, drapes, doors and windows to keep the heat out.
- ✓ Open windows and doors only if it is cooler outside than inside.
- ✓ Keep electric lights turned down or off. They generate heat..
- ✓ If you have a baby, be aware of heat risks. Consider a cool (not cold) water bath.
- ✓ Listen to radio or watch TV for heat wave reports.
- ✓ Apply cool, damp towels to wrists and back of neck. Sit in front of a fan to increase evaporation.

