



Quarterly Publication

**SUMMER SAFETY**

**HEAT ILLNESSES**

According to CDC (2023), normal body temperature for humans is within a few degrees below or higher than 98.6F. Heat illness occurs when the body is unable to get rid of excess heat and properly cool. During an hour of heavy work in hot weather, the body can easily sweat out one quart of water.

Prolonged sweating can deplete the body of water and salt causing dehydration, weakness, tiredness, and confusion. If dehydration worsens, severe heat illness like heatstroke can occur - leading to damage to the brain and other vital organs.

At Risk Populations for heat illnesses include:

- Older adults, 65 + years
- Infants and children
- Individuals with chronic conditions
- Pregnant women
- Individuals who work outside
- Athletes in training or activities in warm weather conditions

**SUN EXPOSURE**

Adapted from: [Sunscreen - The Skin Cancer Foundation](#)

Frequent sun exposure (more than six hours/day, especially during more intense midday hours) and episodes of severe sunburns damage skin regardless of race - increases the risk of developing forms of skin cancer.

Prevention factors include regular daily use of SPF (sun protection factor) 15 sunscreen per product direction. The only exception is for babies under the age of 6 months. Infant’s skin is highly sensitive and should be safeguarded by staying out of the sun using shade structures and sun-protective clothing (wide brimmed hats, long sleeves, etc.).

## HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"> <li>High body temperature (103°F or higher)</li> <li>Hot, red, dry, or damp skin</li> <li>Fast, strong pulse</li> <li>Headache</li> <li>Dizziness</li> <li>Nausea</li> <li>Confusion</li> <li>Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>Call 911 right away-heat stroke is a medical emergency</li> <li>Move the person to a cooler place</li> <li>Help lower the person's temperature with cool cloths or a cool bath</li> <li>Do not give the person anything to drink</li> </ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"> <li>Heavy sweating</li> <li>Cold, pale, and clammy skin</li> <li>Fast, weak pulse</li> <li>Nausea or vomiting</li> <li>Muscle cramps</li> <li>Tiredness or weakness</li> <li>Dizziness</li> <li>Headache</li> <li>Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>Move to a cool place</li> <li>Loosen your clothes</li> <li>Put cool, wet cloths on your body or take a cool bath</li> <li>Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>You are throwing up</li> <li>Your symptoms get worse</li> <li>Your symptoms last longer than 1 hour</li> </ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"> <li>Heavy sweating during intense exercise</li> <li>Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>Stop physical activity and move to a cool place</li> <li>Drink water or a sports drink</li> <li>Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>Cramps last longer than 1 hour</li> <li>You're on a low-sodium diet</li> <li>You have heart problems</li> </ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"> <li>Painful, red, and warm skin</li> <li>Blisters on the skin</li> </ul>	<ul style="list-style-type: none"> <li>Stay out of the sun until your sunburn heals</li> <li>Put cool cloths on sunburned areas or take a cool bath</li> <li>Put moisturizing lotion on sunburned areas</li> <li>Do not break blisters</li> </ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"> <li>Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>Stay in a cool, dry place</li> <li>Keep the rash dry</li> <li>Use powder (like baby powder) to soothe the rash</li> </ul>

## WATER SAFETY

Adapted from: [Water Safety Tips for Families - Seattle Children's \(seattlechildrens.org\)](#)

### Insist on Adult Supervision

- Always swim with others.
- Establish/verbalize water safety rules.
- Swim in areas with lifeguards.
- Always provide constant attention to children you are supervising in or near water. Stay within arm's reach of young children and inexperienced swimmers.
- Watch all children and teens swimming or playing in or near water, even if they know how to swim.
- Designate a water watcher when you are in or around water.
- Never use alcohol or other drugs during water-related activities.

### Wear a Life Jacket

- Even if you or your child knows how to swim, children, teens and adults should always wear a U.S. Coast Guard-approved life jacket.
- When on a boat, raft, stand-up paddle board or inner tube
- When swimming in open water like a lake, river, or the ocean
- When playing in or near the water and on docks (for young children)

### Learn to Swim

- If you don't know how to swim well, find someone to teach you. Learn to float and to tread water for at least 10 minutes.
- Make sure your child learns to swim. Upgrade their swimming skills each year.
- Check lessons at your local pool or life-guarded beach.

### Know the Weather and Water Conditions

- Always enter shallow and unknown water feet first.
- Watch for uneven surfaces, river currents, ocean undertow and changing weather.
- Cold water can kill, even on hot summer days. Stay close to shore. Rest if you are cold or tired.
- Obey all safety signs and warning flags.

## Know What to Do in an Emergency

- Bring a cell phone with you or know where to find the nearest phone.
- Dial 911 in an emergency.
- Learn safe ways of rescuing others without putting yourself in danger. **Reach out to someone in trouble in the water while holding on to something stable.** If you can't reach them, throw them something that floats.

## FOOD SAFETY TIPS FOR SUMMER

Adapted from: [Food safety tips for summer - Mayo Clinic News Network](#)

Foodborne illnesses occur more frequently in summer, because bacteria grow faster in the warm summer months. Foodborne illness can lead to diarrhea, high fever, blood in stools, prolonged vomiting, signs of shock, severe dehydration or confusion and require immediate medical attention. Mild foodborne illnesses may be treated with increased fluid intake to replace lost fluids or electrolytes.”

### Prevention tips for avoiding foodborne illnesses include:

- Frequent hand washing
- Avoid cross contamination from raw meats and other foods; thoroughly wash utensils, plates, etc. that had contained raw foods before using for other foods.
- Cook meat completely or to safe temperature (use of food thermometer can be helpful).
- Perishable foods should be kept refrigerated or maintained in a cooler that will not be frequently opened.