

HEAT RELATED DISEASES

Effects of Extreme heat on your body

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin in the form of sweat. Cooling is also affected if humidity is very high. If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness or commonly known as sunstroke.

Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, poor circulation, sunburn, and certain prescribed drugs & alcohol.



Some Tips while outing

Limit your outdoor activity from 11 am to 4 pm as sunrays are very strong & harmful during these hours.

Wear lightweight, light-colored, loose-fitting clothing.

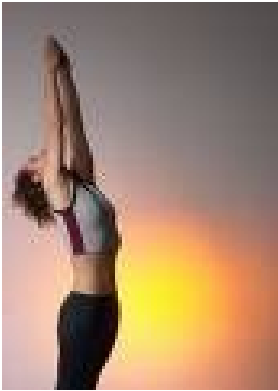
If you have to venture out then walk in shady areas if possible.

Protect yourself from the sun by wearing a wide-brimmed hat, umbrella and sunglasses and by putting on sunscreen of SPF 30 on all exposed parts of body.



Some tips while exercising

Cut down on strenuous physical activity or exercise during afternoon as your chances of developing dehydration & exhaustion are high.



If you must exercise, drink water during exercises.

Your fluid needs don't stop when your activity is over you should continue drinking water in liberal quantity within the first two hours after exercise is over.

Moderate your pace of exercise in summer. If you become lightheaded, confused, weak then STOP all activity. Get into a cool area or at least in the shade, and rest. Drink electral or glucose powder.

Some tips in general

Stay indoors and, if at all possible, stay in an air-conditioned place.

Take a cool shower or bath minimum twice a day to avoid skin diseases & other ailments of heat. Use tepid water, not too hot or too cold.



Don't drink liquids that contain caffeine (tea, coffee), alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks as it will make you prone to seasonal upper respiratory illnesses.

The best drinks are water, or any flavored electral powder.



Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink as by the time you are thirsty, your body is already dehydrated.

If you have clear, pale urine, you are probably drinking enough fluids.

Signs of heat related illness

- Weakness & early exhaustion compared to efforts



- Headache
- Giddiness
- Muscle cramps
- Nausea and vomiting
- Anxiety
- Fast heartbeat
- Dehydration



Remedial measures if found with above complaints

Get the person to a cooler place and have him or her rest in a comfortable position.

If the person is conscious, give a half glass of cool water every 15 minutes. Again to avoid alcohol or caffeine.

Quickly cool the body by removing or loosening tight clothing.

Apply cool, wet cloths such as towels or wet sheets & fan it.

If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the back and sides of the neck to cool the large blood vessels

Seek medical attention if victim is not responding.

