

Heat Stress

Heat stress comes in stages moving from heat cramps to heat exhaustion to heat stroke. These all occur when excess amounts of water and salt are lost from the body due to excessive sweating. Heat stroke occurs when the body temperature rises to a dangerous level and can result in death. Thankfully, heat stress is completely preventable.

Dehydration

Dehydration can be a serious heat-related illness with dangerous side effects. Children and those over 60 years of age are particularly susceptible to dehydration. It can happen when individuals are overexposed to the sun and not drinking enough water. Symptoms include: fatigue, lightheadedness, dizziness, dry mouth, increased heart rate and breathing. Just like heat stress, dehydration is completely preventable.

Tips for Camps

1. Provide frequent hydration
 - In a hot environment, everyone should drink 2 – 4 glasses (16 – 32 ounces) of water an hour
2. Ensure everyone is wearing appropriate clothing and use sunscreen appropriately
 - Sunburn affects the body’s ability to cool itself and causes a loss of body fluids
 - Wear lightweight, loose fitting clothing
 - Apply SPF 15 or higher 30 minutes prior to going outside
3. Schedule outdoor activities carefully
 - Mid-day is the hottest time of the day, keep this in mind when scheduling activities
 - Make sure there is shade available

Heat Cramps	
Symptoms	Treatment
<ul style="list-style-type: none"> • Profuse sweating • Fatigue • Painful cramps, especially in legs, arms, and abdomen 	<ul style="list-style-type: none"> • Stop all activity and move to shade • Drink water or sports drink • Stay quiet for a few hours

Heat Exhaustion	
Symptoms	Treatment
All of the symptoms above, plus: <ul style="list-style-type: none"> • Paleness • Headache • Nausea or vomiting Weakness, dizziness, or fainting	All of the treatment above, plus: <ul style="list-style-type: none"> • Remove excess clothing Cool down with water from a shower, bath, hose, etc.

Heat Stroke	
Symptoms	Treatment
All of the symptoms above, plus: <ul style="list-style-type: none"> • Oral temperature higher than 103° F • Red, hot, dry skin • Rapid pulse Confusion, irritability, or unconsciousness	All of the treatment above, plus: <ul style="list-style-type: none"> • Call 911 immediately Take temperature every 10-10 minutes, aiming for a temp of 101°-102° F