

EMS (Emergency Medical Services) Heat Wave Information

Before a Heat Wave

- Install window air conditioners snugly.
- Call a professional to inspect central air conditional ducts for proper insulation, clogging, etc.
- Insulate spaces around air conditioners for a tighter fix.
- Weather-strip doors and windowsills.

During a Heat Wave

- Eat well-balanced, light meals and drink plenty of water regularly.
- Limit intake of alcoholic beverages as they actually cause further body dehydration.
- Dress in loose-fitting clothes that cover as much skin as possible.
- Wear lightweight, light-colored clothing that reflects heat and sunlight.
- Protect face and head by wearing a wide-brimmed hat.
- Slow down: Avoid strenuous activities.

Heat Related Medical Problems

Heat Exhaustion

Symptoms: Heavy sweating, weakness, skin cold, pale and clammy, weak pulse. Normal temperature possible. Fainting, vomiting.

First Aid: Get victim to lie down in a cool place, loosen clothing, and apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water, but nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

Heat Stroke (Sun Stroke)

Symptoms: High body temperature (106+). Hot, dry skin, rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.

First Aid: Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and / or air conditioners. Do not give fluids.