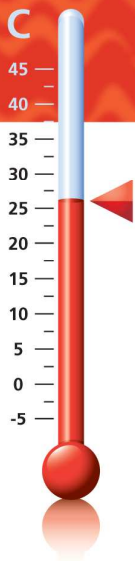


Beat the HEAT



26 DEGREES INSIDE - TIME TO TAKE ACTION!

Heat Related Illness – Signs and Symptoms

During the hot summer months, especially during a heatwave it is important to be aware of the signs and symptoms of heat related illness, and to know how to respond.

Heat Cramps:

Excessive sweating can cause the body to become deprived of salt and water, leading to muscle pains or spasms in the abdomen, legs or arms.

What to do:

- Stop activity and sit quietly in a cool place
- Increase fluid intake
- Rest for a few hours
- Seek medical help if cramps persist.

Heat Exhaustion:

Heat exhaustion is a serious condition that may develop into heat stroke. Symptoms include sweating and pale complexion, rapid heart rate, muscle cramps, dizziness, fainting, nausea, vomiting and headaches.

What to do:

- Get to a cool area and lie down
- Remove outer clothing
- Wet skin with cool water or wet cloths
- Drink cool fluids
- Seek medical advice if there is no improvement, or the person suffers from heart or blood pressure problems.

Heat Stroke:

Heat Stroke is a **life-threatening emergency**. It occurs when the body is unable to prevent the temperature rising rapidly. The symptoms are the same as for heat exhaustion, but the person's skin may be dry with no sweating, and their mental function deteriorates, they may appear confused, stagger, experience seizures or collapse and become unconscious.

What to do:

- Call an ambulance
- Follow instructions of emergency staff
- Get the person to a cool area and lie them down
- Do not offer any fluids
- Remove clothing and wet skins with water fanning continuously
- If the person is unconscious, position them on their side and clear their airway

Information from;

www.health.vic.gov.au/eviroment/emergency_mgmnt/heat_stress.htm

And Public Health fact sheet Heatwave – www.publichealth.wa.gov.au