



**JACKSON BUREAU OF FIRE SAFETY
FIRE DISTRICT No. 1 & 3
200 Kierych Memorial Drive
Jackson, NJ 08527**



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HEAT EMERGENCIES



Warm weather is wonderful. However, sometimes you can overdo the warmth, especially if you are active or exercising. Here are three problems that you can have in the hot weather. These conditions are brought on by heat and dehydration, with proper care they can be prevented.

HEAT CRAMPS are painful muscle contractions, usually in the hamstring muscles. These cramps are connected to heat, dehydration and poor conditioning rather than lack of salt or other minerals. They usually improve with rest, drinking water and a cool environment.

HEAT EXHAUSTION is a result of excess heat and dehydration. The signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting and a moderately increased temperature (101-102) caused by heat. Rest, water, ice packs and a cool environment may help. More severely exhausted patients may need IV fluids, especially if vomiting keeps them from holding down water.

HEAT STROKE is the most severe form of heat illness, it is a medical emergency. It can occur even in people who are not exercising if the weather is hot enough. These people have warm, flushed skin and do not sweat. A person with heat stroke usually has a very high temperature (106 +), and may be delirious, unconscious or having seizures. These patients need to have their body temperature reduced quickly and must also be given IV fluids for rehydration. They must be taken to a hospital as quickly as possible.

PREVENTING HEAT-RELATED ILLNESSES The important thing is to stay well-hydrated, to make sure that your body can rid itself of extra heat, and to be sensible about exertion in hot, humid weather. Wear less clothing that is light in weight, it makes it easier for your body to cool off. Drink plenty of fluids, the best one being water, when you are sweating.

PLEASE LOOK FOR US

WE WILL BE COMING TO YOUR COMMUNITY ON MONDAY
OCTOBER 17, 2005. WE WILL BE STAGED OUTSIDE IN THE CLUB-
HOUSE PARKING LOT FROM 10-12 AM TO ANSWER ANY
QUESTIONS THAT YOU MAY HAVE. WE LOOK FORWARD TO
SEEING YOU THERE!

