



Heat Stress

Heat stress is the burden that hot weather puts on your body, especially your heart. If the burden is too great, heat can cause serious illness and can be life-threatening. While everyone is susceptible, older adults, young children, individuals with chronic illnesses and some house pets are more prone to heat stress. Be sure to check on those at greatest risk during hot weather.

Causes and Symptoms of Heat Stress

Outdoor temperatures exceeding 90 degrees during heat waves can lead to the dangerous health condition called heat stress, which raises the body temperature from its normal 98.6 degrees to 100 degrees or more. Heat stress symptoms include:

- Dizziness
- Nausea
- Drier Skin
- Breathing Problems
- Vomiting
- Rapid Heartbeat
- Headaches
- Weakness
- Cramps
- Mental Changes

Individuals that experience these symptoms should consult a doctor. Check on those at greatest risk during hot weather.

Preventing Heat Stress

Heat stress is preventable with a few simple precautions.

- Slow down and avoid over-exertion that could raise the body's temperature.
- Drink plenty of water, juices and other non-alcoholic and caffeine-free beverages.
- Wear loose-fitting, light-weight, light colored clothing.
- Wear a hat or use an umbrella to protect your head and neck when outdoors.
- Avoid cooking and eating hot foods and heavy meals. Avoid extra salt on your food.
- Use fans and air conditioners. When it is extremely hot, it is better to use the fan as an exhaust to remove the hot air.
- Take a cool shower or bath or jump in a swimming pool. Water cools the body 25 times faster than air.

