

Heat Stress Prevention

Stay hydrated

- Stay away from sugary, caffeinated, and/or alcoholic beverages.
- Drink about 1 cup of water every 20 min.
- Be aware that certain medications may make you more sensitive to heat or sun.

Stay cool

- Avoid long periods of time in direct sunlight (use work/rest cycles).
- Wear loose fitting, light weight, light colored clothing.
- Wear wide brimmed headwear and sunglasses.
- Take cool showers or baths.
- Basements can be cooler and provide relief.
- Umbrellas can be used for shade.
- Find an air conditioned location or shelter.

Stay informed

- Pay attention to weather forecasts and news
- Check on others and share information.

Grant County Cooling Centers List

<http://www.co.grant.wi.gov/docview.asp?docid=20436&locid=147>

Call 2-1-1 or Grant County Health Dept at (608) 723-6416

Resources For You!

Safety/worker rights:

www.osha.gov 1.800.321.6742

General Information:

www.211wisconsin.org 2-1-1

Emergency Medical Services:

www.911.gov 9-1-1

Medical/Preventative Information:

www.cdc.org 1.800.232.4636

Aging and Disability Resource Center

(ADRC) 1.608.723.6113

Information was gathered from the Center for Disease Control and Prevention. www.cdc.gov

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Grant County Health Dept

111 S Jefferson St. 2nd Floor
Lancaster, WI, 53813

Phone: 608.723.6416

health@co.grant.wi.gov
www.co.grant.wi.gov



Public Health
Prevent. Promote. Protect.



**Grant County Health
Department**

Phone: 608.723.6416

Heat stress in Grant County is a problem!

What is Heat Stress ?!

Signs & Symptoms

FACT:

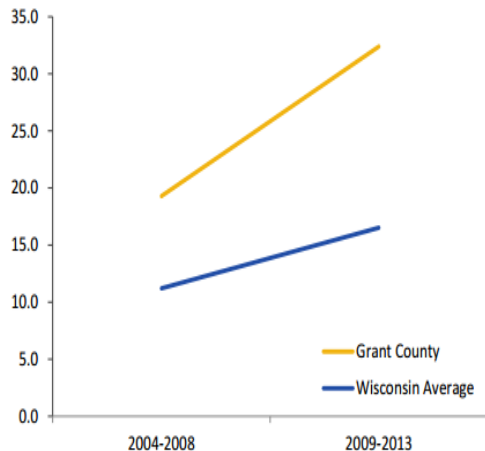
Grant County's rate of Emergency Room visits due to heat stress is nearly twice the state average!

Grant Co.: 32.4 per 100,000

Wisconsin: 16.5 per 100,000

HEAT STRESS

RATE OF ER VISITS PER 100,000 PEOPLE



(Grant County Environmental Health Profile, 2015, p.13)

An acute illness caused by extreme heat or a combination of heat and humidity that can range from mild to severe.

Examples of Heat Stress include:

Heat cramps (muscle cramps):

-Occurs from a loss, or drastic reduction, of salts in the body.

-Salts aid in proper muscle function.

Heat syncope:

-Fainting

Heat rash:

-Sweat pores become clogged, which impairs the cooling abilities of the skin.

Heat exhaustion:

-Body temperature rises to abnormal level for a prolonged period of time.

-Precursor to heat stroke.

Heat stroke (EMERGENCY):

-Extreme increased body temperature (103°F or higher)

-Body loses ability to cool itself and organs may be damaged.

-Life threatening

Heat Exhaustion

Including, but not limited to:

- ❖ Dizziness/nausea
- ❖ Excessive sweating
- ❖ Chills
- ❖ Elevated body temperature
- ❖ Headache
- ❖ Weakness/fatigue
- ❖ Muscle cramps
- ❖ Vomiting
- ❖ Clammy skin
- ❖ Rapid pulse

Heat Stroke (EMERGENCY)

Including, but not limited to:

- ❖ Heat exhaustion signs & symptoms
- ❖ Body temperature over 103° F
- ❖ Rapid and strong pulse
- ❖ Slurred speech
- ❖ Possible unconsciousness
- ❖ Confusion/loss of awareness