

Beat the Heat

Summer is a time for outdoor activities and fun in the sun, but extended periods of high temperatures can put a damper on the season and cause serious illnesses. When the temperatures rise to the high 90s for three or four days or more and are coupled with high humidity, Westchester Medical Center Health Network cautions everyone to follow these precautions to keep summer fun and safe.

Who is most at-risk for heat-related emergencies?



Infants and Young Children



Elderly Adults



People Who are Ill or Infirm



People Who Work Outside

What heat emergencies are caused by extreme heat and humidity?



Heat Cramps



Heat Exhaustion



Heat Stroke

SYMPTOMS

Cramping of abdominal, arm and leg muscles

Profuse sweating, nausea and cramping of arm and leg muscles

Soaring body temperature

WHAT SHOULD I DO?

Hydrate and avoid further heat exposure. Consider emergency medical evaluation.

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Seek emergency treatment immediately. Heat stroke can lead to seizures or even death.

How can I beat the heat?



Wear light, breathable clothing



Limit exposure to heat and sun



Limit outdoor activities to cooler times of day



Hydrate! Avoid alcohol



Visit cool places, like pools, beaches or malls