



# June 2022 Newsletter



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## Stay Safe This Summer

Summer is almost here and with it – the heat.

Stay safe this summer by learning how to **prevent, recognize, and treat** heat-related illnesses!

<h3>Heat Exhaustion</h3> <ul style="list-style-type: none"> <li>Faint or dizzy</li> <li>Excessive sweating</li> <li>Rapid, weak pulse</li> <li>Nausea or vomiting</li> <li>Cool, pale, clammy skin</li> <li>Muscle cramps</li> </ul>	<p>vs.</p> 	<h3>Heat Stroke</h3> <ul style="list-style-type: none"> <li>Throbbing headache</li> <li>Confused, may lose consciousness</li> <li>Rapid, strong pulse</li> <li>Nausea or vomiting</li> <li>Body temperature above 103°</li> <li>Red, hot skin</li> </ul>
 <p><b>Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.</b></p>	 <p><b>Call 911. Get the person cool rapidly by laying them in cool water or dousing them with it.</b></p>	

For more information, visit [healthoregon.org/preparedness](http://healthoregon.org/preparedness)



Sometimes it's not 'all fun in the sun.' Heat-related illnesses like heat exhaustion and heat stroke are serious and, in some cases, deadly.

Symptoms can appear quickly and vary depending on a person's personal risks and health status.

In most cases, heat-related illnesses are caused by exposure to high temperatures and dehydration.

The best defensive is to **STAY HYDRATED**. Drink plenty of liquids (water is preferred). Avoid alcohol and beverages high in sugar as they tend to dehydrate rather than hydrate.

On hot days, try to limit your sun exposure and stay in a cool air-conditioned environment if able. Cold baths or showers can also help cool your body.

As always, if you need additional information or resources on how to stay safe and beat the heat this summer, contact your Personal Agent (PA).

Connections Case Mgmt  
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