



Stockton Unified School District

HEALTH SERVICES

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WHAT TO DO DURING A HEAT WAVE

- Stay hydrated by drinking plenty of fluids, even if you do not feel thirsty. Avoid sugary drinks or those with caffeine, both will speed up dehydration.
- Very cold drinks may cause stomach cramping.
- Avoid hot and heavy meals, digesting them adds heat to your body!
- Wear loose fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities. Cut down on exercise during the hottest part of the day and limit activity to the coolest part of the day, mornings and evenings.
- Use the buddy system when working in excessive heat.
- If exertion in the heat makes your heart pounds and leaves you gasping for breath, STOP all activity. Get into a cool area or in the shade
- Wear a wide brimmed hat, sunglasses and sunscreen; look for the sunscreen that say "broad spectrum" or "UVA/UVB protection, one with at least a SPF 15 rating. Reapply every 30 minutes while in the sun.
- Never leave infants, children, older adults or pets in the car, even if the windows are cracked open. Doing this could result in a serious or death.

Practicing these precautions along with some common sense will get us through these hot days.



SYMPTOMS OF HEAT STROKE

- **Incredibly hot skin:** if your skin is hot to the touch and you have a body temperature of 105, you need to see a doctor as soon as possible. A simple sunburn will also present (red hot skin) but it does not become serious until the body temperature raises.
- **Dizziness and Fainting:** are the next most common symptoms of heat stroke. If you are in the sun for an extended period and experience these symptoms, contact a doctor immediately.
- **Extreme Fatigue:** spending the day in the sun can be exhausting at the best of times. However, if you are experiencing any of the other symptoms along with extreme fatigue, seek medical help.
- **Nausea:** Nausea is an indication that your heat exposure is progressing to a heat stroke. Especially when combined with any of the above symptoms. Drink lots of water and seek medical help immediately.
- **Vomiting:** vomiting is a definite sign of heat stroke and it is critical that you get medical help immediately. Drink as much water as possible on your way to seek help.
- **Rapid Heartbeat:** a fast heart rate may be an indication of a serious problem. Get checked out immediately by medical personnel.
- **Mental Confusion:** if you are having difficulty thinking, remembering or focusing, it may be another indicator you're having a heat stroke. Get help!
- **Seizures:** this is a very serious sign that you're having a heat stroke, get help!
- **Lack of Sweating:** one of the differences between heat exhaustion and a full blown heat stroke is a lack of sweating. Generally when you spend too much time in the sun and get hot, you perspire a lot. When you have lost the ability to sweat you are very dehydrated and need immediate medical help.
- **Severe Headache:** it is not uncommon to have a mild headache if you have spent time in the sun. However, experiencing a severe and one or more of the above symptoms is an indication you need to seek medical help immediately.