

C

E

Temperature Related Illnesses

PREPAREDNESS

T

N

A

P



Body Heat Regulation

- ★ Constrict circulation
(heat stays in core)
- ★ Exercise (shivering)
- ★ Burn Calories
- ★ Increase circulation
(heat to extremities)
- ★ Sweat (or glow)
(Evaporative cooling)

Symptoms of Hypothermia

- ★ A body temperature of 95o F or less (37o C)
- ★ Redness or blueness of the skin
- ★ Numbness accompanied by shivering
- ★ Slurred Speech
- ★ Unpredictable behaviour
- ★ Listlessness



Treating Hypothermia

- ★ Remove wet clothing
- ★ Protect against weather
- ★ Wrap in blanket, cover head and neck
- ★ Provide warm, sweet drink and food
- ★ Place in warm (not **HOT**) bath
- ★ Place unconscious victim in recovery position
- ★ **DO NOT** offer alcohol or massage
- ★ Prevention is Best!

Heat-related Illness

★ Heat Cramps

★ Heat Exhaustion

★ Heat Stroke



Treating Heat Cramps

- ★ Move to a cool place
- ★ Cool water to drink.
- ★ Lightly stretch the muscle
- ★ Gently massage the area

Symptoms of Heat Exhaustion/Stroke

- ★ Cool, moist, pale, ashen, or flushed skin
- ★ Headache, nausea, dizziness
- ★ Exhaustion
- ★ Red skin, dry or moist
- ★ Changes in consciousness
- ★ Rapid, weak pulse
- ★ Rapid shallow breathing

Treatment Of Heat Exhaustion/Stroke

- ★ Move to a cooler environment
- ★ Loosen or remove clothing
- ★ Fan the victim
- ★ Apply cool water with a cloth or sponge
- ★ If conscious, give small amounts of cool water to drink
- ★ Prevention is Best!



Questions