

HealthWatch: Heat Illness Can Felt the Heartiest

Did you know heat-related illnesses can be a year-round risk? While most people know to be cautious in the heat of the summer's mid-day sun, exercising in a hot gym, while wearing non-breathable clothing designed to produce sweat, working in a hot shipboard workspace, or even sitting too long in the sauna can also make you susceptible to heat illnesses.

Heat strokes are the most severe case of heat-related illness, and it is a life-threatening situation, according to the American Red Cross (ARC). Symptoms associated with heat stroke include a temperature to as high as 105 degrees; hot, red, and dry skin; a rapid, weak pulse; and rapid shallow breathing.

Because heat stroke is life-threatening, it's important to get care immediately. Call 9-1-1. Cool the victim immediately. Wrap wet sheets around the body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels.

Heat exhaustion can be signaled by cool, moist, pale skin; heavy sweating; headache, nausea or vomiting and dizziness. Body temperature with heat exhaustion is near normal.

Heat cramp symptoms include muscular pain and spasms as a result of heavy exertion. The abdominal muscles and legs may be involved in this type of heat-related illness.

Prevention tips for all types of heat-related illnesses include wearing lightweight light-colored clothing, drinking plenty of water, taking regular breaks, eating small meals and eating more often, and avoiding strenuous activity in a heated environment as much as possible, according to the ARC.



Captain's Call Kit
Naval Media Center, Bldg. 168
2713 Mitscher Rd., SW
Anacostia Annex, DC 20373-5819
E-mail: pubs@mediacen.navy.mil
DSN 288- or (202) 433-4380
Fax: (202) 433-4747

For more information on heat-related illnesses go to **HYPERLINK**
"<http://www.redcross.org/services/hss/tips/heat.html>" www.redcross.org/services/hss/tips/heat.html.

NAVY
newsstand
www.news.navy.mil