



# OUTDOOR HEAT SAFETY

Summer is approaching, and with it comes the heat. While many crowds come to South Carolina to enjoy the state attractions, caution should be taken to ensure you and others do not suffer from heat-related illnesses.

## WHO IS AT RISK?

- Older adults and children
- Emergency responders
- People who are physically ill
- People who have previously suffered from heatstroke
- Pets

## PREVENTION

- Drink plenty of water (no caffeinated, alcohol, or sugary drinks).
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave children or pets in a parked car, even if the windows are cracked open.
- Limit sun exposure and take frequent breaks.
- Monitor yourself and others for signs of heat illnesses.

## EMERGENCY SYMPTOMS

- **Heat Cramp:** Painful muscle spasms often occurring in the legs or abdomen
- **Heat Exhaustion:** Cool and clammy skin, headache, nausea, weakness, or dizziness
- **Heat Stroke** (most serious): Red hot dry skin, high body temperature (above 103°F) confusion, or loss of consciousness

### HEAT EXHAUSTION

Faint or dizzy  
Excessive sweating

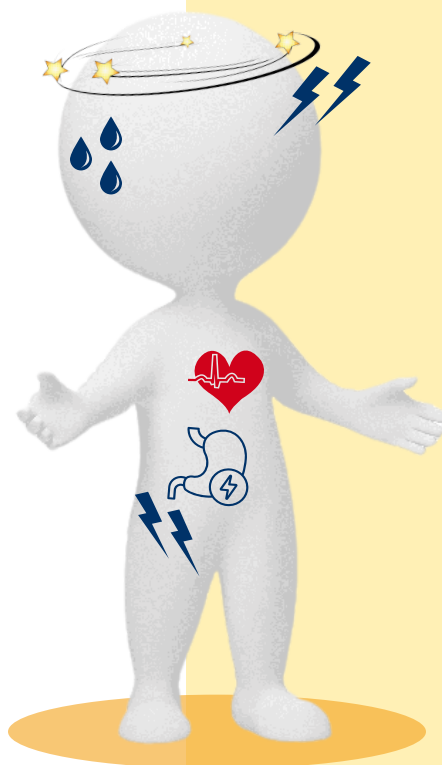
Cool, pale,  
clammy skin



Rapid, weak  
pulse

May lose  
consciousness

Muscle cramps



### HEAT STROKE

Throbbing headache  
No sweating



Body temperature  
above 103° F  
Red, hot, dry skin

Rapid, strong  
pulse



Possible loss of  
consciousness

Nausea or vomiting

Get to a cooler area  
(shade or air  
conditioning)

Place cold wet towels on  
the head, neck, armpits,  
and groin

**TAKE  
ACTION**

Remove outer  
layers of clothing

Drink water  
(if conscious and  
able to drink)

**Call 9-1-1  
and never leave  
the patient alone.**