

# Heat Exhaustion

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Heat exhaustion is a non-life-threatening condition caused by the excessive loss of water and salts from the body due to prolonged exposure to extreme heat. Older adults are highly susceptible to heat exhaustion.

## Causes:

- Prolonged exposure to extreme heat
- Loss of body water and salts - usually through sweating
- Not drinking enough fluids

## Preventing Heat Exhaustion:

- Limit outdoor activities during extreme heat, especially during the intense sunlight hours from 10 am to 3 pm.
- Wear light-colored clothes and hat - they reflect heat from the sun
- Drink plenty of fluids throughout the day such as water, or juice
- Avoid caffeine and alcoholic beverages - they accelerate the effects of heat exhaustion.

## What to look for:

- Headache
- Blurred vision
- Nausea or upset stomach
- Vomiting
- Sluggishness or fatigue
- Thirst
- Profuse sweating
- Moderate increase in body temperature

## Treatment:

- **If the person is showing signs of heat stroke call 911 immediately!**
- Then, move the person to a cool and dry place
- Have the person lie down and rest
- Apply cool water to skin and reapply often
- Fan the wet skin
- Have person drink fluids such as water, or juice
- Apply ice to head, neck, armpits and groin areas