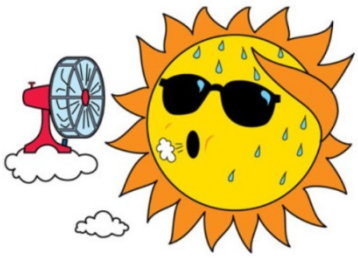

LAHSA EMERGENCY RESPONSE TEAMS

HOT WEATHER GUIDELINES

- Stay safe, cool and hydrated! Avoid excessive physical activity and unnecessary sun exposure. Monitor yourself for signs of heat illness.
- Be aware of vulnerable populations:
    - Elderly and children
    - Substance abusers
    - Mentally ill
    - Physically disabled
- Be aware of signs, symptoms and treatment of heat illness:
    - **Sunburn:** redness, pain, swelling of skin, blisters, fever and headaches – treat by leaving water blisters intact to speed healing and avoid infection, if blister breaks, client can apply dry sterile dressing
    - **Heat Cramps:** muscle spasms, usually in the legs or abdomen, caused by heavy sweating – treat by having client apply firm pressure or gentle massage on cramping muscles, sip water, move to a cooler environment
    - **Heat Exhaustion:** heavy sweating, weakness, cold, pale and clammy skin, weak pulse, fainting and vomiting – treat by having client move to cooler environment, lay down, loosen clothing, apply cool wet cloths, sip water
    - **Heatstroke:** severe medical emergency! High body temperature over 105°F, hot dry skin, rapid and strong pulse, possible unconsciousness – treat by calling 911!
- Ensure you are well-stocked with water to pass out.
- Inform, direct and transport clients to cooler locations – ideally shelter, or a Cooling Center (see attached directory).
    - Try to make arrangements to monitor clients who refuse services or refuse to take shelter from the heat, especially vulnerable clients