



Media Release



from the
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Hot Weather Tips

The triple digit season is upon us. As we enter the beginning of summer, the Pima County Sheriff's Department would like to offer the following suggestions to minimize heat related incidents for everyone from the avid hiker to the occasional walker.

- Arrange outdoor activities before 10:00 a.m. and after 4:00 p.m. to avoid the worst heat of the day;
- Always apply sunscreen before going out – wear a hat and light colored, loose fitting clothing made from “breathable” fabrics. Long sleeved shirts and pants will minimize fluid loss to perspiration;
- Hydrate adequately. Drink at least one quart of fluid for each hour you are out doing physical activity. Water is best, but after extended periods of time outside, replenish with a “sports drink” for electrolyte replacement;
- Plan activities to include others; do not hike or walk alone;
- Carry a cell phone for emergencies;
- Tell someone where you are going, when you will return, and what route(s) you will be taking.

Heat Exhaustion

Heat exhaustion is a common heat related condition. Possible warning signs of heat exhaustion include:

- ✓ Extreme weakness
- ✓ Exhaustion
- ✓ Headache
- ✓ Profuse sweating
- ✓ Cool, moist, pale or red skin
- ✓ Nausea and vomiting

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Immediately get the victim into a cooler environment or out of the direct sun. Apply wet cloths and encourage sips of water unless nausea and vomiting occur. Stay away from caffeine or alcohol, this will only add to the dehydration already present. Medical attention should be sought out for these individuals, however, symptoms tend to correct themselves with proper care, intake of fluids, removing themselves from the sun, and resting.

Heat Stroke

Heat stroke is a serious life-threatening condition. Signs of heat stroke include:

- ✓ Unconsciousness
- ✓ Dry, hot, red skin
- ✓ High body temperatures
- ✓ Rapid, shallow breathing

Heat stroke, which can be fatal, is the next step after heat exhaustion. Victims should be cooled off as quickly as possible by wrapping them in cool cloths. Ice packs should be packed in the armpits or groin area, if possible. Remove the heat stroke victim from direct sunlight immediately and into a cooler environment if at all possible. Medical attention should be sought out immediately and the victim should be taken to a hospital for evaluation.

Heat exhaustion may turn into heat stroke very rapidly; as soon as signs of heat exhaustion are identified, preventative measures should be taken so heat stroke will not occur.

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