

Protecting Our Parishes, Missions, and Schools



The sun
can be fun,
but . . .
heatstroke
is no joke!

Avoid Heat Stress

- Take frequent water breaks. If you wait until you're thirsty, you've waited too long.
- Wear light-colored, loose clothing.
- Avoid caffeine, certain antibiotics, and alcohol; they accelerate dehydration.

Treat the Victim for Heat Stress

- Relocate victim out of direct sunlight.
- Loosen clothing; cool victim with best means available.
- Victim should lie or sit down.
- Give victim cool water in small sips and at frequent intervals.

Know the symptoms!

Heat Exhaustion

- Dizziness, weakness, headache, blurred vision, nausea, muscle cramping, and staggering.
- Face becomes pale, profuse sweating, pulse is weak, and breathing is shallow.

Heatstroke / Sunstroke

- Severe headache, face is red, skin is hot and dry.
- Person is not sweating, and pulse is strong and very rapid.
- Seek medical treatment immediately for heatstroke victims.

Make SAFETY a habit!