



For Immediate Release

Contact: Cheryl Oliver
916.441.1361 ext 112

TIPS FOR BEATING THE SUMMER HEAT

From the California Association for Nurse Practitioners

Summer is here and the heat is on! As the temperatures rise outside, it becomes increasingly more important for us to be aware of the signs and symptoms of heat-related illnesses. There are a wide range of heat-related illnesses from those that cause some temporary discomfort to a life-threatening situation known as heat stroke. Risk factors for heat exhaustion include age, high blood pressure, and individuals who spend longer periods of time in the hot outdoors either exercising or working. The elderly are at higher risk for heat stroke which is the most severe form of heat injury and is a life threatening emergency. In order to “beat the heat”, The California Association For Nurse Practitioners (CANP) offers the following information to help you stay well and enjoy the summer.

1. **DO** dress for the heat: wear lighter weight, lighter colored clothing.
2. **DO** drink plenty of water and eat small meals more often: carry water with you and drink continuously on hot days, even if you are not thirsty.
3. **DO** take regular breaks on hot days. Take time out to find a cool place.
4. **DO** know your risk factors for heat exhaustion which include age, high blood pressure, and consistent long periods of outdoor time even without exercising or working.
5. **DO** be aware of the symptoms of heat exhaustion which, if untreated may lead to heat stroke. Warning signs include heavy sweating, muscle cramps, paleness, weakness, fatigue, headache, nausea, vomiting, dizziness or fainting. Take a cool shower or bath if you have any of these symptoms and see your health care provider if you display any of these warning signs.
6. **DO** rest more. Avoid strenuous activity. If you must do strenuous activities, try to do them early in the morning.
7. **DO** stay indoors when possible and use air-conditioning, fans and cooling water during a heat wave.
8. **DON'T** forget your hat and consider using an umbrella to reflect away the sun's energy.
9. **DON'T** drink alcohol or caffeine on hot days because they are dehydrating.
10. **DON'T** forget to STAY COOL during a heat wave and have some summer fun!

To schedule an interview with a CANP nurse practitioner to discuss these tips, contact Cheryl Oliver at 916.441.1361 ext. 112