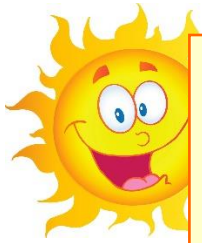


Be Sun Wise and Heat Smart!



- Drink more non-alcoholic liquids than you normally do. We have over 30 food vendors, six of whom are serving just beverages. Now, go buy yourself a drink!
- Take it easy – it's your day off, so why rush around?
- It's too late to advise you to wear light, loose clothing. But, it's August in St. Louis, so you knew that anyway.
- If you didn't think to bring sunscreen (who would?), our cosmetics vendors carry it.

Who is More Sensitive to the Heat?

Infants and Toddlers

Infants and children under four do not yet have a developed "heat regulation system," so their little bodies cannot cool themselves as adults' can.

The Elderly

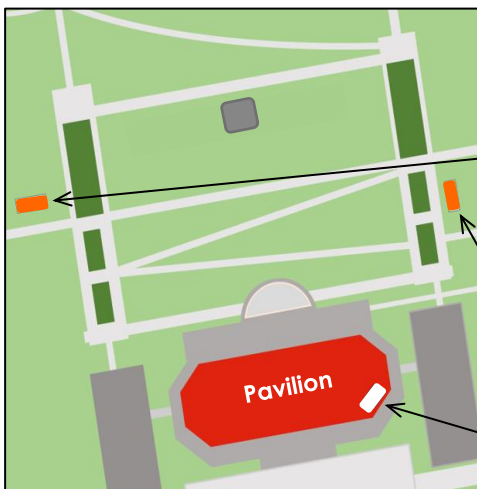
Individuals 65 and older may have more difficulty coping with the heat.

Those Taking Some Medications

Some prescription medications can make you more susceptible to the effects of sun exposure and heat. *Amphetamines, blood pressure and heart medications, and antipsychotics* can increase your risk of overheating or dehydrating.

Those with Certain Illnesses

Some conditions, like *lupus*, can make you more susceptible to the effects of sun exposure. Others, like *multiple sclerosis, hyperthyroidism, and other thyroid diseases*, can cause an increased sensitivity to heat.



Comfort Station

Cooling Station
General Aid

Cooling Station

Shade • Rest
Water • Ice

Headquarters

Information
Assistance

Signs You May Be Overheating

- Fatigue
- Heavy sweating
- Lightheadedness

Get out of the sun, sit down, drink **non-alcoholic** liquids, go to a **Cooling Station** for water, cold compress, and shaded rest.

Symptoms of Heat Exhaustion

- Cool, moist skin with goose bumps
- Headache
- Muscle cramps
- Dizziness
- Heavy sweating
- Nausea
- Fatigue
- Lightheadedness
- Weak, rapid pulse

Get out of the sun, sit down, slowly drink **non-alcoholic** liquids. (Be careful with *ice-cold* drinks; the temperature extremes may cause vomiting or cramps.) You can also go to a **Cooling Station** for water, cold compress, and shaded rest.

Symptoms of Heat Stroke

A Life-Threatening Condition

- Confusion, agitation, slurred speech
- Headache
- Nausea/vomiting
- Fainting
- Hot, dry skin or heavy sweating
- Rapid breathing
- Flushed skin
- Rapid pulse

If you are with someone experiencing any of these symptoms, **call 911** and get the person out of the sun. Alert an **Organizer** or **Volunteer**, or get a **Cooling Station** attendant, who will help cool down the person until emergency personnel arrive.

If at any point you feel unwell, go to the Comfort Station for assistance or cooling. If you have a pre-existing health condition and feel sick, call 911, then alert an Organizer or Volunteer to assist until help arrives.