

# Be Serious About Summer Heat in Coastal Georgia...

The summer months in coastal Georgia are long, hot and humid. Daytime temperatures in the sun and shade will be in the upper 90's. Although there is often a breeze closer to the water, the heat and burning rays of the summer sun can cause a range of symptoms from sunburn to severe illness as your body tries to cool itself.



## Your best protection is preparation:

- Plan to wear light colored, loose fitting, cotton clothing.  
If you have invested in clothing that provides UV protection, wear it.
- Plan on wearing sunscreen from morning to evening.
- Plan on wearing sunglasses to protect you eyes.
- Plan on wearing a wide-brimmed hat, or at the very least a baseball hat..
- Plan on keeping your body hydrated by sipping cool water throughout the day.  
Cokes and other soft drinks don't count: they dehydrate you more quickly....
- Plan on more frequent trips to the restroom as evidence of your well-tended hydration. If you're thirsty, you're already dehydrated and on the way to other problems that will sap you energy and learning experience!



## Sip, Slap and Slop!

**(Sip some water, slap on a hat, and slop on some sunscreen....)**

**In short, pay attention to your body.** Summer heat in Georgia can be dangerous. The following are symptoms of heat related medical emergencies. Be familiar with these warnings signs so you are able to take care of yourself and your colleagues.



**Heat Cramps:** painful muscle cramps, often in the legs or abdomen; the first sign of a heat related emergency

**Heat Exhaustion:** cool, moist, pale, or flushed skin, headache, nausea, dizziness, weakness, and exhaustion

**Heat Stroke:** Red hot, dry skin; rapid, weak, pulse; rapid shallow breathing; changes in consciousness; A serious medical emergency!

**Treatment:** Rest in a cool place; loosen tight clothing; remove perspiration soaked clothing; apply cool, wet cloths to skin; If conscious, sip cool water (4 oz glass every 15 minutes)



**Call 911, if victim refuses water, vomits, or starts to lose consciousness**