



# The Dangers of Summer Heat

With summer temperatures increasing, there are a few things to remember about the dangers of heat-related syndromes, including heat stroke which can lead to coma, brain damage and death.

**Patients with a brain injury can be particularly vulnerable to the dangers of heat exposure and should know ways to prevent serious illness and, potentially, further brain damage.**

The body cools itself mostly through evaporation of sweat. This method is made difficult under the following conditions: dehydration, high humidity, drinking alcohol while exposed to hot weather, and working or exercising in hot weather without being acclimated to the temperature.

## KNOW THE SIGNS



Body core temperature at 104°F (40°C) or higher

Flushed, hot or dry skin



Dizziness or abnormal mental status

Loss of consciousness

Seizure



Rapid heart rate, difficulty breathing



Vomiting and diarrhea

## WHO'S AT RISK?



Healthy individuals engaging in strenuous activity



Children under 4 years of age



People with medical conditions that impair body cooling mechanisms

## WHAT TO DO



Call 911 immediately



Find an air-conditioned or cool environment



Remove any unnecessary clothing



Apply cool water to the skin