

# Scorching sun? No worries! Three Tips to Avoid Heat

Protect Yourself from Heat Injury (Easy Guide)





# Why Heat Injury?

In high temperature and high humidity environment, human body will have difficulty dissipating heat appropriately. This could happen indoors as well as outdoors.



# Types of Heat Injury

Based on symptoms, there are **five types** of heat injury and **heat stroke is the most dangerous**. Mortality rate is higher than **30%**. **Three out of 10 patients** will die of heat injury.



Symptoms:

1. Body temperature higher than 40 Celsius degrees
2. Change of consciousness
3. Symptoms that are the same as heat exhaustion



Symptoms:

1. Dizziness
2. Vomiting
3. blur vision
4. Lower blood pressure when changing



Symptoms:

- temporarily lose consciousness



Symptoms:

- Swelling of the extremities



Symptoms:

- Painful muscle cramping

# Who is most at risk of heat injury?

Heat injury could happen to everyone.

However, there are six groups of people who are prone to heat injury.

They **do not adjust to temperature well because of diseases,**  
or they **usually work in high temperature environment.**



# Six Groups of People that are Prone to Heat Injury



**Adults older than 65 years old**



**Infants**



**Chronic disease patients**



**Outdoor Laborers/Athletes**

Work under the scorching Sun and do not drink enough water or take any kind of anti-burning measures



**Overweighed people**

BMI  $\geq$  24 body fat will produce heat and block heat dissipation



**People under medication**

Diuretic and antipsychotic drugs will affect body ability to dissipate heat



# How to Prevent Heat Injury?

3

## Tips for you



# Tip 1: Keep Cool



Stay in airy places with  
air conditioning



Wear loose, breathing clothes,  
sunglasses, broad-brimmed hats  
and apply sunscreen

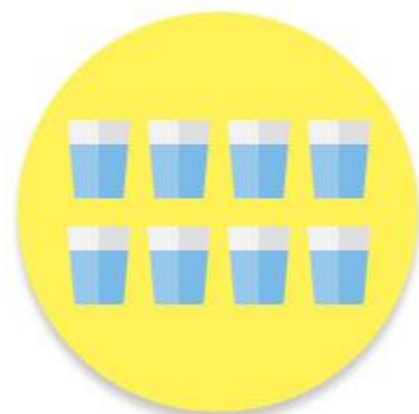


Use curtain and  
turn off unnecessary  
electrical appliances



Do not leave children and  
older adults in cars alone

# Tip 2: Drink Water



Regularly drink water  
At least **8 glasses of water**  
every day (about 2000c.c.)



Eat more vegetables and  
fruits for water supply



Do not drink iced,  
sugary and alcohol drinks



**Warm reminder :**

If medical prescription limits water consumption,  
please consult doctors for water consumption in  
hot weather.



# Tip 3: Stay Alert



Use thermometer to monitor indoor temperature



Do outdoor activities in early mornings or late evenings when temperature is lower



Avoid going out during 10:00 am to 2:00 pm



**Warm reminder :**

Pay attention to body condition of family members and friends around you.

# What should we do when symptoms of heat injury appear?

- ✘ Higher body temperature
- ✘ Fast heartbeat
- ✘ Red, hot and dry skin

Getting serious

- ✘ Cramping
- ✘ Vomiting/Nausea
- ✘ Feeling dizzy
- ✘ Feeling confused
- ✘ Lack of sweating despite of heat

Please leave high temperature environment immediately. Reduce body temperature and drink cool water with salt

**Go to the Hospital  
Immediately !**





# In hot weather

**Know how to prevent heat injury  
to stay away from it !**



# Review

## 3 Tips

Keep Cool; Drink Water; Be Alert.

## 6 Groups

Adults older than 65 years old; infants; chronic diseases patients; outdoor labor workers/athletes; overweighted people; people under medication.

## 5 Types of heat injury

Heat stroke; heat exhaustion, heat syncope; heat edema; heat cramp.  
Mortality rate of heat stroke is higher than 30%.