



Syptoms of Heat Stroke

- Headache
- Nausea
- Fatigue
- Dizziness or lightheadedness (usually conscious but may faint)
- Actively sweating
- Skin cool and pale
- Core temperature over 102 degrees

Treatment for Heat Exhaustion

- Shady place or air conditioned room
- Keep cool
- Increase fluids
- Cold wet towels
- Fan
- May require intravenous fluids
- Immediate action is necessary

Symptoms of Heat Exhaustion

- Headache
- Flushed skin
- Dry skin
- Warm skin
- Rapid pulse
- Incoherent speech
- Disoriented and confused
- Aggressive
- Possibly unconscious
- Temperature over 105 degrees



You may contact the Los Angeles Police Department by calling the following, toll free, at 1-877-ASK-LAPD (1-877-275-5273) or TTY 1-877-275-5273 for the hearing impaired. You may also obtain additional information on this subject, along with additional crime prevention tips, by visiting the Los Angeles Police Department's Web site at www.lapdonline.org and clicking on the "Crime Prevention Tips" icon.

Should you have information regarding a criminal investigation or activity, please contact your local police station or the LAPD crime hotline at 1-877-LAWFULL (1-877-529-3855).

Los Angeles Police Department
Community Relations Section
Crime Prevention Unit
150 North Los Angeles Street
Los Angeles, CA 90012
(213) 485-3134
www.lapdonline.org

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Heat Wave Emergency

www.lapdonline.org



Exposure to extreme heat can make people seriously ill. Unchecked heat-related illnesses may become a serious problem in a short period of time and can cause death. Though anyone can become a victim to excessive heat, the elderly are among those people most at risk. In recent years, several hundred persons have died in cities across the country as a result of excessive heat during heat waves. Heat cramps, heat exhaustion, and heatstrokes are conditions caused by overexposure to heat.

Heat-Related Terms

- **Heat Wave:** More than 48 hours of heat measuring at least 90 degrees Fahrenheit and high humidity (80% relative humidity) expected.
- **Heat Index:** A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15 degrees Fahrenheit.
- **Heat Cramps:** Usually the first symptom of overexposure. The symptoms are painful muscle spasms. Care for heat cramps with rest and fluid intake. Do not take salt tablets. Activity can resume when the cramps subside, but fluid intake should continue.
- **Heat Exhaustion:** Less dangerous than heat stroke, heat exhaustion typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy perspiring. With heat exhaustion, perspiration does not evaporate, as it should because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Body temperature will be near normal.
- **Heat Stroke:** Also known as sunstroke, heat stroke is life threatening. The victim's temperature control system, which produces perspiration to cool the body, stops working. The body temperature can rise so high that damage and death may result if the body is not cooled quickly.



General Heat Wave Emergency Tips

- **Dress for the heat:** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or use an umbrella. Also, it takes 4 to 7 days to get used to unusual heat. If you know you'll be exposed to hot temperatures, spend more time each day in the heat for about a week before beginning your task.
- **Drink water:** Carry water or juice with you and drink continuously even if you do not feel thirsty. Keep your drinking water cool by keeping it in the refrigerator. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often:** Avoid foods high in protein, which increase metabolic heat.
- **Salt tablets:** Avoid using salt tablets unless directed to do so by a physician.
- **Slow down:** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m. Stay indoors when possible.
- **Shower:** Take a shower twice a day, once in the morning and once during the heat of the day.

General Tips to Care for Heat-Related Illness

- Get the victim out of the heat;
- Watch for signs of breathing problems;
- Loosen tight clothing;
- Remove perspiration soaked clothing;
- Apply cool wet cloths to the skin;
- Fan the victim;
- If victim is conscious, give cool water to drink. Do not let the conscious victim drink too quickly. Give about one glass (four ounces) of water every 15 minutes;
- If the victim vomits, stop giving fluids and position the victim on their side;
- Let the victim rest in a comfortable position, and watch carefully for changes in their condition. The victim should not resume normal activities that day;
- Do not apply rubbing (isopropyl) alcohol to the victim's body in an attempt to cool them off. and

- Call for an ambulance if victim refuses water, vomits, or starts to lose consciousness. This means the victim's condition is worsening;

Heat Wave Tips for the Home

- Keep air conditioners in good repair;
- Keep draperies drawn and windows closed. This will prevent cool air from escaping and warm air from seeping through glass areas;
- Seal off unused rooms;
- Turn thermostats off and leave vents closed in unoccupied rooms to save energy.

Risk Factors for Heat Illnesses

- Age
- Level of physical activity
- General health
- Heart disease
- High blood pressure
- Skin disease
- Kidney disease
- Liver disease
- Alcohol consumption
- Use of water pills
- Use of allergy pills
- Smoking
- Drug use
- Clothing worn
- Lack of air conditioning
- Poor ventilation in home

Treatment of Heat Stroke

- Shady place or air conditioned room
- Remove most of clothes
- Apply cool, wet towels
- Fan to increase air flow
- Call 911 or transport to an emergency room

