



## A National Problem

Heat kills by taxing the human body beyond its abilities. Every year several people die and many suffer greatly due to the dangerous summer heat, in 2005 alone almost 84 Pakistani's died due to the summer heat with temperatures reaching a staggering 49°C. Among the large family of natural hazards, only the cold of winter -- not including lightning, floods, or earthquakes -- takes a greater toll.

## Monitor Those at High Risk

Those at greatest risk of heat-related illness include:

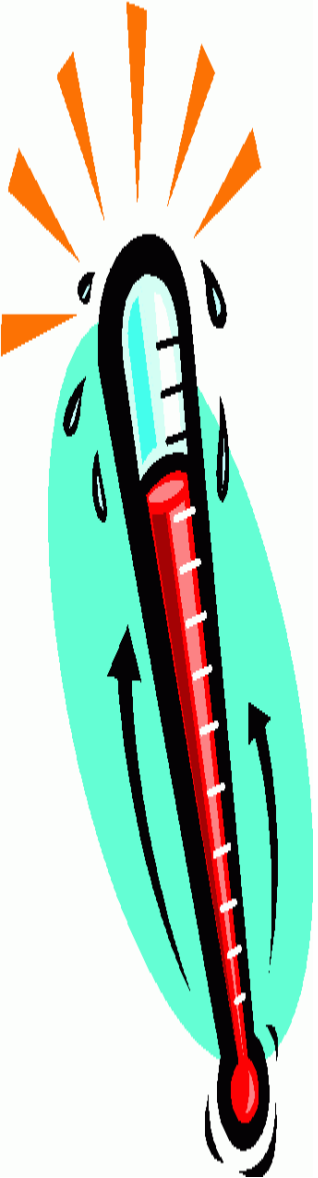
- Infants and children up to four years of age
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are ill or on certain medications



People Cool Off in a canal in Lahore –Pakistan. Photo: AP

## Heat Wave Safety Tips

- **NEVER LEAVE CHILDREN OR PETS IN A PARKED CAR:** The temperature can rise to 135 degrees in less than ten minutes, which can cause death to children or pets. If you see a child or pet left unattended in a parked car, you should call 15/1122 and alert authorities.
- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Lightweight, light-colour clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires.** Foods (like proteins) that increase metabolic heat production also increase water loss.
- **Drink plenty of water or other fluids.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets, or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.
- **Do not take salt tablets unless specified by a physician.** Persons on salt restrictive diets should consult a physician before increasing their salt intake.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
- **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.



## Heat Disorders

Heat Disorder	Symptoms	First Aid
<b>Sunburn</b>	Skin redness and pain, possible swelling, blisters, fever, headaches.	Take a shower, using soap, to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.
<b>Heat Cramps</b>	Painful spasms usually in leg and abdominal muscles. Heavy sweating.	Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.
<b>Heat Exhaustion</b>	Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.	Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.
<b>Heat Stroke (Sun Stroke)</b>	High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.	Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. <b>DO NOT GIVE FLUIDS.</b>

**REMEMBER: IF IN DOUBT CONSULT A DOCTOR.**

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Web: [Dpart.en-action.org](http://Dpart.en-action.org) Email: [info@dpart.zzn.com](mailto:info@dpart.zzn.com)

Tel: +92-345-5159391