

Heat attack & its prevention



HEAT ATTACK

Heat-related Emergencies On The Rise, Experts Advise Consumption Of More Liquids

TIMES NEWS NETWORK

If you think that the heat is getting the better of you, you are not alone. Ahmedabad is reeling under heat right from the start of summer in March. Various hospitals and health-care centres have shown influx of patients with symptoms related to heat and as the mercury is expected to rise in days to come, experts caution citizens not to take heat lightly.

According to GVK EMRI 108 emergency services officials, there has been a rise in average number of cases in the beginning of the summer whereas overall average is at par with last year where heat waves in the state had claimed more than 50 persons.

"Summer-related emergencies started early this year in March itself. We received more than 200 cases of dehydration, fainting and sunstroke which is higher than the last year. Cases related to other diseases such as cholera and

Calls to 108 ambulance services

| Case | March | Till April 22 |
|---------------|-------|---------------|
| ▶ Fainting | 87 | 91 |
| ▶ Dehydration | 114 | 105 |
| ▶ Sun stroke | 12 | 11 |
| ▶ Fever | 83 | 88 |

Free water available near a vegetable market gives respite to thirsty commuters in Gandhinagar

typhoid have also seen rise of nearly 20 per cent compared to last year," said a senior EMRI official from Ahmedabad.

Experts attribute rise in the number of cases to busy schedule and hectic lifestyle. "The exams have recently got over for students of schools and colleges. Children especially indulge in physical activities during this period that lead to dehydration and fatigue. Professionals and personnel on outdoor duty are also at risk as excessive exposure results in heat-related fever," said a city-based medical practitioner.

Dr Akhil Mukim, a city-based physician, said that we have to have adequate protection to beat the heat. "People should avoid hours between 12 noon and 4 pm for outdoor activities. When it is necessary, water and liquid intake should be more and constant. Concoctions such as glucose drinks, lemon juice, aam panna, and buttermilk also help in maintaining water content in the body," he said.

According to medical practitioners, the symptoms of heat-related problems include body fatigue, nausea, dizziness and muscle cramps. It should not be avoided as it can lead to sunstroke and heat-related fever. Such fevers take around 24 hours to subside.

Definition of Heat Stress



HEAT STRESS: When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress

The body reacts to high external temp by circulating blood to the skin which increases skin temperature and allows the body to give off its excess heat through the skin.

- High temperature and humidity
- Direct sun or heat
- Limited air movement
- Physical exertion
- Poor physical condition
- Some medicines
- Inadequate tolerance for hot workplaces

Types of Heat Illnesses

- Classifications of heat illness:
 - ❖ Transient Heat fatigue
 - ❖ Heat rash
 - ❖ Fainting
 - ❖ Heat cramps
 - ❖ Heat exhaustion
 - ❖ Heat stroke



Transient Heat Fatigue:

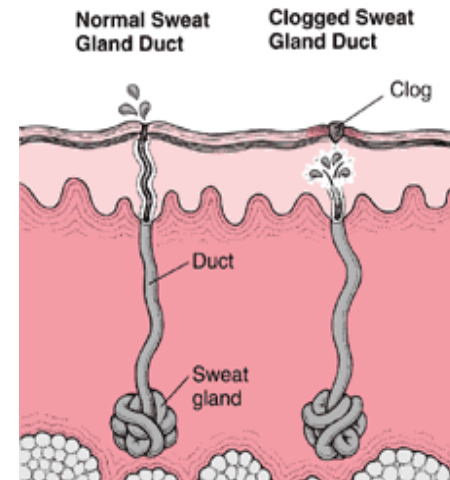
Symptoms: General feeling of tiredness or fatigue.

First Aid: Fluid replacement and rest.



Heat Rash (prickly heat)

Symptoms: Skin becomes reddened and may itch, feel prickly or hurt.



First Aid: Practice good personal hygiene; keep the skin clean and the pores unclogged, allow skin to dry, wear loose clothing, see doctor if rash persists.

Heat Syncope (fainting)



Symptoms: Syncope means “fainting.” First signs are dizziness, feeling light-headed and perhaps nauseous, then the person may faint. Usually occurs in the beginning of heat stress season before the circulation system is adapted.

First Aid: Lay victim in a cool location horizontally with feet elevated. If conscious, give fluids. Treatment the same as shock.

| Heat Cramps | Heat Exhaustion | Heat Stroke |
|--|--|--|
| <ul style="list-style-type: none"> - Painful muscle cramps (especially in muscles used) - Weakness - Nausea | <ul style="list-style-type: none"> - Heavy sweating - Weakness and/or tiredness - Skin cool, moist and pale - Muscle cramps - Headache - Nausea and/or vomiting -Dizziness and/or fainting - Pulse fast and weak - Breathing fast and shallow | <ul style="list-style-type: none"> - High body temperature (Oral temp >106 F) - No sweating - Red, hot and dry skin - Rapid or irregular pulse - Deep fast breathing - Throbbing headache - Mental confusion and/or fainting -Nausea and/or vomiting <p>* Prompt First Aid attention needed to avoid permanent damage to the brain, other vital organs and death.</p> |

First Aid measures

| Heat Cramps | Heat Exhaustion | Heat Stroke |
|--|---|--|
| <ul style="list-style-type: none">- Rest in cool place- Drink salted water or electrolyte-replacement drink- Massage/stretch muscles | <ul style="list-style-type: none">- Lie in a cool place- Drink water- Loosen clothing- If unconscious, seek medical care or transport to a medical emergency room. | <ul style="list-style-type: none">- Immediate, aggressive cooling of the victim's body using wet cloths,- Immersion into cold water.- Transport to emergency medical facility ASAP! (As Soon As Possible). |



Tips for Surviving summer

| Dos | Don'ts |
|--|--|
| <ul style="list-style-type: none">-Wear protective gear such as caps, helmets, goggles, scarves and dupatta to cover face and body adequately- Drink Water. Have a water bottle with you. It helps when you need water the most-Use glucose to maintain sugar content in the body and give extra energy- Use light clothes that cover your body completely. | <ul style="list-style-type: none">- Avoid heat fluctuation – using air-conditioned vehicles to reach your destination and then getting exposed to nearly 40 degree C. harm your skin & amount to fatigue.- Don't ignore the sign of fatigue and take rest at regular intervals when you have to bear the heat and let your body cool down a bit.- Don't rely solely on cold drinks to quench your thirst as it will soon make you thirsty again. |

Remember, when it's hot:

Heed (careful attention) your body! watch for symptoms!

Ensure you're drinking enough!



Aadjust your activity level – slow down!

Take clothing/PPE into account!