

MISSISSIPPI IS THE **FIFTH** **HOTTEST** STATE IN THE UNITED STATES.

Some factors place people at higher risk for heat illness:

- Low fitness
- Dehydration
- Fatigue
- Heavy clothing/ equipment
- Long or intense exercise
- Certain medication like benzodiazepines and laxatives
- Certain chronic conditions
- Certain populations like pregnant women, infants and children, older adults, and outdoor workers



TREATING HEAT ILLNESS

- Move to a shaded or air-conditioned area
- Cool the body with cold cloths or ice
- Drink cold water or sports drink if not nauseated or vomiting
- Raise legs above heart level to support blood flow
- **Call 911** if signs and symptoms continue or become worse

CONTACT US

For more information about heat illness or the effects of climate change:



**Mississippi Health Professionals
for Climate and Health Equity**
<https://www.msclimateandhealthequity.com/>



**HOW TO RECOGNIZE, PREVENT
& TREAT HEAT ILLNESS**





SUN SAFETY

HOW TO RECOGNIZE, PREVENT & TREAT HEAT ILLNESS

Hotter summers mean it is more important than ever to stay safe in the heat.

SIGNS & SYMPTOMS

HEAT CRAMPS

Brief muscle cramps or spasms

DEHYDRATION

Increased thirst or dry mouth; headache; lack of energy; reduced or darker urine

HEAT EXHAUSTION

Dehydration; headache; dizziness; heavy sweating; nausea or vomiting; muscle cramps

HEAT STROKE

Headache; dizziness; heavy sweating; nausea or vomiting; fainting; hot skin; high heart rate and breathing; potential seizures

HOW TO PREVENT HEAT ILLNESS



Drink plenty of water.

Don't wait until you feel thirsty. Drink plenty regularly.



Look for shade.

Provide a shaded space for events and outdoor breaks.



Take more breaks.

Increase the number of breaks in shaded areas with water if working or playing outside.



Schedule events earlier or later.

Schedule events earlier or later when it is cooler.



Consider climate change.

Reduce air pollution; Higher levels of pollutants lead to extreme heat events.

HOW HEAT ILLNESS IMPACTS THE BODY

