2024 Heat Stress Management Plan

NC Department of Adult Correction

Introduction

When employees and offenders are exposed to extreme heat for extended periods of time, the result can be illness, decreased attention, and an increase in the likelihood of injury. Heat stress is the result of the human body's production of internal heat and environmental heat exposure that when combined causes an increase in a person's internal temperature. When discussing heat related stress, these two factors need to be considered as both internal and external sources of the condition.

North Carolina experiences high summer temperatures. The average high temperatures in North Carolina last summer ranged from the mid to upper-80s, often with high humidity. On average, July is the warmest month of the year with average high temperatures reaching close to 90 degrees Fahrenheit. Elevated temperatures inside facilities without air conditioning can increase the likelihood for employees and offenders to undergo heat related stress.

Average 2023 monthly temperature (Fahrenheit)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asheville	47/29	50/31	59/38	67/45	74/53	80/61	82/64	81/63	76/57	67/46	58/37	50/32
Charlotte	52/34	56/36	64/43	72/51	79/59	86/67	89/71	87/69	81/63	71/52	62/43	54/37
Fayetteville	54/36	58/38	66/45	75/53	82/61	88/69	90/73	88/71	83/65	74/54	65/45	57/39
Greensboro	49/32	53/34	61/41	70/49	77/57	84/66	87/69	85/68	79/61	70/50	60/41	52/35
Lumberton	54/36	58/38	66/44	74/52	82/60	88/68	90/72	88/70	83/64	74/53	65/44	58/38
Morehead City	55/39	57/40	63/47	70/55	77/63	83/71	86/75	85/74	81/69	74/59	66/49	59/42
Raleigh	51/33	55/36	64/42	72/50	79/58	86/67	89/70	87/69	81/63	72/51	63/42	55/36
Rocky Mount	52/33	55/35	63/42	72/50	80/58	87/66	89/70	87/69	82/62	72/51	63/42	55/36
Wilmington	56/38	59/40	66/46	73/54	80/62	86/70	88/74	87/72	82/67	75/56	67/47	60/41

https://weatherspark.com/countries/US/NC

In 2021, the North Carolina General Assembly approved $30 million to address a lack of air conditioning in many of the state's prison facilities. Regardless of this initiative, employees and offenders across the state will still encounter elevated temperatures during the summer and early fall that will require intervention on their part and by the agency to prevent heat related injuries and illnesses. Every reasonable effort shall be made by DAC to prevent injuries related to excessive or extreme temperatures.

Persons can suffer from a range of conditions caused by heat stress, such as Heat Rash, Heat Cramps, Transient Heat Fatigue, Heat Exhaustion, Heat Syncope, Heat Stroke, and Death. The hot and humid conditions at these facilities can present the potential for heat related injuries and illnesses. While DAC is working quickly to install air conditioning at these locations, many facilities will need a plan in place to mitigate any potential heat related issues due to their projected completion dates occurring after summer 2024.

DAC is committed to the health and wellness of our employees and all offenders in our custody. Many of our employees and offenders are required to work or reside in locations that have no air conditioning. Furthermore, employees and offenders across the state are subject to work or recreate outside of temperature-controlled environments. The objective of this plan is to provide methods to mitigate heat related stress or injuries while also providing training and communication for all employees and offenders.

Current Heat Stress Mitigation Strategies

Currently prisons that are not air conditioned utilize several methods to prevent heat related injuries and lower temperatures in affected areas. Listed below are the current efforts that are taking place across the division:

I. Fans – Dormitories and Officer Posts should possess fans, preferably wall mount, to provide cooling air flow during warm weather.

   Current fans consist of floor mount mobile fans or fixed ceiling/wall mount fans that are powered with a 120-volt plug, and each fan cord shall include a proper ground pin.

II. Ice Water – Prisons will deploy coolers filled with ice and water and utilize disposable cups on recreation yards and in housing areas to provide cold water to rehydrate employees and offenders. Facilities without air conditioning should make ice water available at least once per day, and as needed, for employees and offenders.

III. Program Activity – Facilities without air conditioning will avoid scheduling outdoor activities during the hottest part of the day or will work to schedule activities inside air conditioned buildings if available.

IV. Air Flow – Where possible, prison housing units or posts that are not air conditioned will ensure windows are open so air flow is present.

   Any attic or circulatory fans that are installed will have yearly maintenance performed to ensure proper function.

Year 2024 Heat Stress Management Plan

The Heat Stress Management Plan will be in effect from May 1 – September 30 each year and is managed by the Safety Office. The plan may also be implemented at the discretion of the Warden, or other jobsite manager, for excessive heat days that may fall outside the designated timeframe. The following proposed plan is comprised of three components that are designed to prevent heat related injuries or illnesses. These components are education and communication of heat related risks, heat stress identification, and heat stress mitigation.

I. **Definitions**

A. Excessive Heat – Occurs from a combination of significantly higher than normal temperatures with high humidity.

B. Excessive Heat Warning – Issued by the National Weather Service within 12 hours of the onset of the following criteria: temperature of at least 105° F for more than three hours per day for two consecutive days, or heat index of 113° F or greater for any period of time.

C. Heat Index – A measure of how hot it actually feels when the relative humidity is added to the actual air temperature.

D. Heat Wave – A prolonged period (three or more days) of excessively hot and unusually humid weather that meets the following criteria: temperature of at least 105° F or heat index of 113° F.

E. Relative Humidity – A dimensionless ratio, expressed in percent, of the amount of atmospheric moisture present relative to the amount that would be present if the air were saturated.

F. Risk Category – Notice of a Heat Advisory, Special Weather Statement, or Excessive Heat Warning issued by the National Weather Service.

G. Wet Bulb Globe Thermometer (WBGT) – A forecast tool indicating expected heat stress on the human body when in direct sunlight. It estimates the effect of temperature, relative humidity, wind speed, and solar radiation on humans using a combination of temperature from three thermometers:

1. A Wet bulb measures the temperature read by a thermometer covered in a wet cloth. As water evaporates from the cloth, evaporation cools the thermometer. This mirrors how the human body cools itself with sweat.
2. A black globe is used to measure solar radiation. Solar radiation heats the globe and wind blowing across it cools the globe.
3. A Dry bulb calculates the air temperature measured in the shade. It is the

temperature you would see on your thermometer outside.

II. Education and Communication of Heat Related Risks

A. All employees and offenders shall receive and be required to review educational material regarding Heat Illness Prevention Training. This material shall be provided to employees through LMS and offenders through the Tablet.

B. After reading the educational material and acknowledging review, employees and offenders shall be considered "trained or educated" regarding the risks of heat stress and how it is reduced, as well as how to recognize heat illnesses and treat them.

C. Communication of heat related risks will be a priority if the weather forecast or environmental conditions indicate a high probability of heat related risk.

1. Facility OICs should advise employees of any heat related risk during the shift briefing/lineup and will review all heat mitigation techniques that should be deployed to prevent injury or illness.
2. Facilities should adopt a messaging system that alerts offenders to any potential current or forecast conditions that could cause heat related injury.
3. An example of this system could be routine announcements over an intercom system announcing the temperature or temperature alert messages posted in conspicuous locations around the facility, such as offender housing areas, dining hall, etc. Announcements shall be performed daily when a heat risk warning is issued for the area.

D. Electronic Messaging Boards used at all facilities should be utilized to broadcast temperature related messages to employees and the offender population.

E. The Tablet Messaging System should also be used to broadcast temperature related messages to the offender population. This notification shall be broadcast statewide each month, May – September. Offenders must acknowledge they have read and understand the material prior to accessing other tablet applications.

F. Heat Stress educational materials shall be posted throughout the facility in high traffic areas. Flyers are provided with this plan.

III. Heat Stress Identification

The symptoms, treatment, causes, and prevention for these conditions are listed below for review:

A. Transient Heat Fatigue

1. Symptoms
    - Decline in performance, particularly in skilled physical work, mental tasks, and tasks requiring concentration.
    - Discomfort.

2. Treatment
    - No treatment necessary unless other signs of heat illness are present.

3. Cause
    - Stress from heat less than what would result in other heat illness.

4. Prevention
    - Acclimatization.
    - Training.

B. Heat Rash

1. Symptoms
    - “Prickly heat;” tiny, raised, blister-like rash.

2. Treatment
    - Keep skin clean and dry.

3. Cause
    - Skin constantly wet from sweat.
    - Sweat gland ducts become plugged, leading to inflammation.

4. Prevention
    - Shower after working in hot environment.
    - Keep skin dry.

C. Heat Cramps

1. Symptoms
    - Painful muscle spasms in the arms, legs, or abdomen during or after hard physical work.

2. Treatment
    - Rest.
    - Drink water.
    - Maintain adequate levels of electrolytes.

3. Cause
    - Rising body temperature.
    - Dehydration.
    - Loss of electrolytes due to sweating.

4. Prevention
    - Acclimatization.
    - Adequate fluid intake, including electrolytes.

D. Heat Syncope (Variant of heat exhaustion)

1. Symptoms
    - Fainting while standing erect and immobile.
    - Symptoms of heat exhaustion may precede fainting.

2. Treatment
    - Move victim to a cool area.
    - Have victim rest and drink fluids.

3. Cause
    - Dehydration causes blood volume to decrease.
    - Blood pools in dilated blood vessels of skin and lower body, making less blood available to the brain.

4. Prevention
    - Acclimatization.
    - Adequate fluid intake, including electrolytes.
    - Avoid standing in one place.
    - Intermittent activity to avoid blood pooling.

E. Heat Exhaustion

1. Symptoms
    - Fatigue, weakness, dizziness, faintness, nausea, headache.
    - Moist, clammy skin; pale or flushed.
    - Rapid pulse.
    - Normal or slightly elevated temperature.

2. Treatment
    - Move victim to a cool area.
    - Have victim rest and drink fluids.

3. Cause
    - Dehydration causes blood volume to decrease.

4. Prevention
    - Acclimatization.
    - Close monitoring for signs of heat illness.
    - Medical screening.
    - Adequate fluid intake, including electrolytes.

F. Heat Stroke

1. Symptoms
    - Usually hot, dry skin; red, mottled, or bluish.
    - Sweating may still be present.
    - Confusion, loss of consciousness, convulsions.
    - Rapid pulse.
    - Rectal temperature greater than 104° F.
    - When in doubt, treat as heat stroke.
    - Can be fatal.

2. Treatment
    - Medical emergency.
    - Call 911 and start cooling the victim immediately.
    - Move victim to a cool area.
    - Soak clothing and skin with cool water and use a fan to create air movement.
    - Shock may occur.
    - Medical treatment is imperative.

3. Cause
    - Partial or complete failure of sweating mechanism.
    - The body cannot get rid of excess heat.

4. Prevention
    - Acclimatization.
    - Close monitoring for signs of heat illness.
    - Medical screening.
    - Adequate fluid intake, including electrolytes.

IV. **Heat Stress Mitigation**

While efforts are underway to install air conditioning in many housing areas in our correctional system, below are recommendations that are being made to protect employees and offenders from heat related illnesses.

A. Heat Monitoring

1. Heat monitoring shall begin when the temperature is forecast to reach 90° F.
2. Unit staff shall monitor and announce the forecast temperature and heat index, as well as the risk category, once per day.
3. The ECONet Wet Bulb Globe Temperature website shall be used to determine the current temperature. Unit staff should use the station nearest to their actual location for temperature readings.
4. Unit staff shall use the heat risk category identified on this website to determine if work and program activity shall be restricted. It should be noted that this determination may be on a case by case basis. Certain job assignments, such as work release, labor contracts, Correction Enterprises, et. al., may be required to continue without restriction at the discretion of the Warden in consultation with the jobsite supervisor.

B. Training

1. All new employees shall receive training on heat related illnesses during New Employee Orientation.
2. Each Warden shall ensure training in the prevention of injuries due to excessive or extreme temperatures is provided to all employees annually.
3. Offenders shall be required to review information on heat related illnesses via the tablet once per month from May through September.
4. Offenders shall also be provided information regarding excessive heat during intake and upon transfer.
5. Offenders shall be encouraged to notify the medical provider if they are experiencing symptoms of heat related illness.
6. Posters and flyers shall be used throughout the facility in high traffic areas to inform employees and offenders of the risks associated with excessive or extreme temperatures.

C. Ice Water

1. Provide ice water during the summer months and times of higher temperatures.
2. Ice water should be made available to employees and offenders in non-air conditioned housing units daily.
3. Consider leasing additional ice machines to ensure the supply for non-food service-related use.

D. Fans

Ensure there are fans available for housing units with no air conditioning and ensure each fan cord includes a proper ground pin.

E. Cooling Towels

Cooling towels may be approved for purchase at the canteen for all custody levels and employees.

F. Cooling Stations

1. Designate common areas to set up as cooling areas for employees and offenders during high temperatures.
2. Locations suggested are employee common areas or breakrooms, shaded designated break areas for employees, shaded recreation areas, or offender multipurpose areas.
3. Utilize Power Breezers filled with a water and ice mixture, where permissible, or utilize additional fans in these locations to generate cool air flow. All electrical equipment shall include a proper ground pin.
4. Ensure Power Breezers are located on a non-slip surface that will not cause a trip or fall hazard due to the Power Breezer's spread of condensation on surfaces.
5. Place a "wet floor" sign in the area near, or around, the Power Breezers.
6. Ensure employees and offenders are made aware of these cooling stations and their locations.

G. Fluids

1. Ensure there are ample coolers with ice and water with disposable cups available for employees and offenders.
2. Encourage employees and offenders to increase their fluid intake.
3. Communicate the importance of fluid intake with employees during shift briefings.
4. Supervisors making rounds should encourage employees to take breaks for fluid intake and cooling off.
5. Communicate with offenders encouraging them to take routine breaks during their workday or when at recreation to ensure adequate hydration.
6. Post educational material in highly visible areas showing signs of heat related issues/conditions and provide guides to ensure employees and offenders are hydrating adequately (e.g., liquid consumption amounts or urine color charts indicating hydration levels).
7. Electrolyte replacement beverages should be distributed to employees and offenders during excessive heat conditions on a schedule approved by the Warden, but at least once per day.
8. Employees shall be permitted to enter the facility with additional electrolyte

replacement beverages/water during the timeframe covered by this plan, May 1 – September 30, or when forecast temperatures are expected to reach 90° F.

H. Showers

When the heat index exceeds 90° F, provide additional time to allow offenders to take extra showers, when possible.

I. Program and Activity Scheduling

1. Schedule programs, training, and activities during cooler times of the day where possible.
2. Arrange for programs, training, and activities to be held in air conditioned areas where possible.
3. Provide water and ice during these activities.
4. Suspend outdoor activity or recreation when temperatures exceed 95° F and humidity levels are above 70%.
5. Restrict and potentially cancel outside recreation activity according to recommendations from the Heat Index Table (Attachment).

J. Physical Plant Improvements

1. Before April 15 each year, Wardens shall review with unit staff the status of HVAC units, shower temperatures, fans, ice machines, ventilation systems, exhaust fans, and cooling stations throughout the facility.
2. Ensure that PM maintenance is conducted to maintain any working exhaust systems that vent heat in attic or throughout the facility.
3. Review facility inspection reports and ensure corrective action has been completed regarding issues to be addressed to avoid excess temperatures in all dorm areas, specifically those which are not air conditioned.
4. Exhaust fans create airflow throughout dorm areas by removing warm air and drawing fresh air in through open windows. Ensure rooftop exhaust fans are clean and maintenance performed to include, replacing belts, cleaning blades, and making sure pulleys are clean and without debris.
5. Prioritize work orders and ensure maintenance for air-conditioning units, HVAC systems, fans, blowers, and showers in offender housing areas.

K. Work Assignments

1. Offenders and employees working at heat index above 90° F shall be provided access to and encouraged to consume water before their work assignment and as needed during the workday and should maintain an intake of at least 16 ounces of fluids per hour of work.
2. Under excessive heat conditions, work should be interrupted every 15-20 minutes

and offenders encouraged to drink fluids even if they are not thirsty.

3. Offenders newly assigned to jobs that require strenuous work under conditions with a heat index of 90° F or greater should be acclimatized before assuming a full workload when feasible.
4. Potentially restrict and/or cancel outside work according to recommendations from the Heat Index Table.
5. Reduce kitchen and dish room operations as needed. Offenders may be served cold cuts and other food items that do not require heating during lunch.
6. Minimize laundry operations during afternoon hours, when possible.

L. Enforce Smart Workplace Practices to Reduce Heat Stress Risk

1. Use the buddy system.

   - Ensure coworkers watch one another for signs of heat stress.
   - Reduce physical demands by reducing physical exertion such as excessive lifting, climbing, or digging with heavy objects.
   - Spread work over more individuals. Use relief workers or assign extra workers.
   - Provide external pacing to minimize overexertion.

2. In situations where the heat index is above 90° F, allow offenders to wear shorts and t-shirts in dayrooms and recreational areas.

3. Provide recovery areas, such as air conditioned enclosures and rooms, and provide intermittent rest periods with water breaks. Establish provisions for a work/rest regimen so exposure time to high temperatures and/or the work rate is decreased.

4. Reschedule hot jobs for the cooler part of the day. Routine maintenance and repair work in hot areas should be scheduled for the cooler seasons of the year. When possible, outdoor work areas should be provided with coverings, such as a tarp, to provide shade.

5. Monitor workers who are at risk of heat stress, such as those wearing semi-permeable or impermeable clothing (e.g., stab resistant vest, ballistic body armor, etc.), when the temperature exceeds 70° F while performing strenuous tasks. Personal monitoring can be done by checking the heart rate, recovery heart rate, or oral temperature.

6. Employees and offenders shall be encouraged to use sunscreen of SPF 30 or higher and sunglasses when they expect to be exposed to direct sunlight for an extended period of time. Sunscreen should be applied 30 minutes prior to sun exposure. For jobs requiring extended periods of work outdoors, sunscreen should be provided when possible.

7. It shall be the responsibility of the Warden to monitor temperatures and decide whether offenders shall be required to work in excessive heat.

    - When requiring offenders to work in excessive or extreme temperature conditions, the Warden and applicable departmental supervisors shall ensure appropriate measures are taken to prevent excessive or extreme temperature-related incidents or injuries, including consulting healthcare staff to identify specific hazards, if necessary.
    - In all cases of temperature-related incidents or injuries, unit healthcare staff shall be notified immediately. Staff shall remove the distressed offender from the environment by the most expeditious means available to receive proper medical treatment.
    - Procedures and exposure charts are provided to assist facility administration in determining safe conditions.
    - At any point when the heat index indicates the possibility of heat exhaustion, the Warden shall instruct appropriate staff to immediately initiate the precautionary measures identified in the Heat Index Table.

8. Offender Transfers

    - Beginning in March, all Wardens shall ensure transportation vehicles equipped with air conditioning are functioning properly. For vehicles that are not equipped with air conditioning, windows should be checked for functionality to ensure there is a source for air flow to the passengers.
    - Transportation officers shall be educated on the importance of not leaving offenders in any transport vehicle (car/van/bus) for extended periods of time.
    - Water and cups shall be available for employees and offenders during bus transfers.
    - When possible, offenders with higher susceptibility to heat related illness should be transferred in air conditioned vehicles when elevated temperatures are forecast.

M. Canine Care

1. Working canines are expected to perform physically and mentally demanding tasks often in adverse environmental conditions. Many working dogs are highly motivated to perform the tasks of searching and criminal apprehension may exert themselves to the point of severe dehydration, collapse, heat stress, and even heat stroke.
2. Care should be taken to ensure working canines are provided breaks in air-conditioned vehicles or shelter to cool down while performing tasks in excessive heat. Water breaks shall be provided as often as possible to maintain appropriate hydration.
3. Canines involved in facility programs, such as New Leash on Life (NLOL) or At Both

Ends of the Leash (ABEL), shall follow procedures to allow minimal outdoor training during periods of excessive heat.

4. If training occurs in a non-air-conditioned indoor setting, the same risk factors apply.
5. When possible, housing areas for canines should be in an air conditioned environment. For those housed in an outdoor area, care should be taken to provide the canines with a shaded area with the maximum air flow possible.

Conclusion

As previously stated, the goal of this program is to minimize the risk of heat stress related injury and illness within DAC. The plan, techniques, and equipment proposed in this plan represent an effort on the part of DAC to ensure the health and wellness of all persons working or residing within our facilities.

Attachments

1. Heat Index Table – For use by Warden/OIC
2. Beat the Heat – To be posted in high traffic areas
3. CDC Heat Related Illnesses (English and Spanish) – To be posted and acknowledged on offender tablets and high traffic areas
4. Dehydration Chart – To be used by Medical staff only
5. CDC Avoid Spot Treat – To be posted in high traffic areas
6. Heat Exhaustion or Heat Stroke – To be posted in staff only areas, such as lineup and break room
7. Vehicle Temperature – To be used by Dog Handlers
8. Canine Care – To be used by Dog Handlers and facilities with Dog Training Programs

HEAT INDEX TABLE
HEAT INDEX or ("What the temperature & humidity feel like to the body.")

How to use this Chart:

1. Across the top of the chart the air temperature is listed.
2. Down the left side of the chart, the relative humidity is listed.
3. Where the temperature and humidity meet on the chart is the Heat Index or "What the temperature and humidity feel like to the body."

AIR TEMPERATURE
(In degrees Fahrenheit)

RELATIVE HUMIDITY (%)	80°	82°	84°	86°	88°	90°	92°	94°	96°	98°	100°	102°	104°
40	80	81	83	85	88	91	94	97	101	**105**	**109**	**114**	**119**
45	80	82	84	87	89	93	96	100	**104**	**109**	**114**	**119**	**124**
50	81	83	85	88	91	95	99	103	**108**	**113**	**118**	**124**	{131}
55	81	84	86	89	93	98	103	**106**	**112**	**117**	**124**	*{130}*	{137}
60	82	84	88	91	95	100	**105**	**110**	**116**	**123**	*{129}*	*{137}*	
65	82	85	89	93	98	103	**108**	**114**	**121**	*{128}*	*{136}*		
70	83	86	90	95	100	**105**	**112**	**119**	*{126}*	*{134}*			
75	84	88	92	97	103	**109**	**116**	**124**	*{132}*				
80	84	89	94	100	**106**	**113**	**121**	*{129}*					
85	85	90	96	102	**110**	**117**	*{126}*	*{135}*					
90	86	91	98	**105**	**113**	**122**	*{131}*						
95	86	93	100	**108**	**117**	*{127}*							
100	87	95	103	**112**	**121**	*{132}*							

****Exposure to full sunshine can increase the Heat Index values by up to 15° F.**

CAUTION: The employer should establish, implement, and maintain procedures to prevent heat illness. Water must be provided, accessible, and sufficient. Rest periods should be provided.

EXTREME CAUTION: Heat exhaustion and heat cramps possible with prolonged exposure and/or physical activity. Encourage workers to drink one cup of water every 20 minutes under such conditions. Frequent rest periods should be given. Rest areas should be shaded outdoors and cooled indoors.

DANGER: Heat exhaustion and heat cramps likely, and heat stroke possible with prolonged exposure and/or physical activity. Provide unlimited fluids & take more breaks. Consider altering schedules so it is less strenuous, or canceling schedule.

{EXTREME DANGER}: Heat stroke highly likely with continued exposure. Cancel work and outside activities for safety of all staff and offenders.
NOTE: Heat stroke can be fatal if medical care is delayed.

Attachment 1

Note: Cancel schedule for DOI Road Squads when temperature reaches 95° F, regardless of humidity level.

TOP TIPS TO BEAT THE HEAT

Attachment 2

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

ENFERMEDADES RELACIONADAS CON EL CALOR

EN QUÉ SE DEBE FIJAR	QUÉ HACER

GOLPE DE CALOR

- Alta temperatura corporal (103 °F o más)
- Piel caliente, enrojecida, seca o húmeda
- Pulso acelerado y fuerte
- Dolor de cabeza
- Mareos
- Náuseas
- Confusión
- Pérdida del conocimiento (desmayos)

- Llame al 911 de inmediato, el golpe de calor es una emergencia médica
- Lleve a la persona a un sitio más fresco.
- Ayude a bajar la temperatura de la persona con paños fríos o dándole un baño con agua fría.
- No le dé a la persona nada para beber

AGOTAMIENTO POR CALOR

- Sudor abundante
- Piel fría, pálida, húmeda y pegajosa
- Pulso rápido y débil
- Náuseas o vómitos
- Calambres musculares
- Cansancio o debilidad
- Mareos
- Dolor de cabeza
- Desmayos

- Vaya a un sitio fresco
- Aflójese la ropa
- Aplíquese paños húmedos en el cuerpo o dese un baño con agua fría
- Tome sorbos de agua

Busque atención médica de inmediato si:

- Tiene vómitos
- Sus síntomas empeoran
- Sus síntomas duran más de 1 hora

CALAMBRES POR CALOR

- Sudor abundante durante ejercicios físicos intensos
- Dolor o espasmos musculares

- Suspenda todo tipo de actividad física y vaya a un lugar fresco.
- Beba agua o una bebida deportiva
- Espere que los calambres desaparezcan antes de realizar más actividades físicas

Busque atención médica de inmediato si:

- Los calambres duran más de 1 hora
- Usted sigue una dieta baja en sodio
- Usted tiene problemas cardiacos

QUEMADURAS SOLARES

- Piel dolorida, enrojecida y tibia
- Ampollas en la piel

- Evite el sol hasta que se le cure la quemadura
- Aplíquese paños fríos en las áreas quemadas por el sol o dese un baño con agua fría
- Aplique loción humectante a las áreas quemadas
- No rompa las ampollas

SARPULLIDO POR CALOR

- Grupos de pequeñas ampollas rojas que parecen granitos en la piel (generalmente en el cuello, el pecho, la ingle o en los pliegues de los codos)

- Quédese en un lugar fresco y seco
- Mantenga el sarpullido seco
- Use talco (como talco para bebés) para calmar el sarpullido

Dehydration Urine Color Chart

Tabla de Colores de Orina por Deshidratación

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.

La siguiente tabla de colores de orina por deshidratación lo ayudará a usar su color de orina como un indicador de su nivel de deshidratación y qué medidas debe tomar para ayudar a que su cuerpo vuelva a un nivel normal de hidratación.

Doing ok. You're probably well hydrated. Drink water as normal.

Haciéndolo bien. Probablemente estés bien hidratado. Bebe agua como de costumbre.

You're just fine. You could stand to drink a little water now, maybe a small glass of water.

Estás bien. Podrías beber un poco de agua ahora, tal vez un pequeño vaso de agua.

Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.

Beba aproximadamente 1/2 botella de agua (1/4 litro) dentro de la hora, o beba una botella entera (1/2 litro) de agua si está afuera y / o sudando.

Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.

Beba aproximadamente 1/2 botella de agua (1/4 litro) en este momento, o beba una botella entera (1/2 litro) de agua si está afuera y / o suda.

Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

Beber 2 botellas de agua en este momento (1 litro). Si su orina es más oscura que esta y / o roja o marrón, entonces la deshidratación puede no ser su problema. Ver un doctor.

Attachment 4

AVOID • SPOT • TREAT

Know the signs of heat stroke and heat exhaustion. If you see any of these signs, get medical help immediately.

Heat stroke symptoms

- Throbbing headache
- Confusion
- Rapid, strong pulse
- Red, hot, and dry skin (no sweating)
- Passing out
- Dizziness
- Upset stomach
- Very high body temperature (above 103°F)

Heat exhaustion symptoms

- Heavy sweating
- Muscle cramps
- Weakness
- Headache
- Upset stomach or vomiting
- Paleness
- Tiredness
- Dizziness
- Fainting

Prevent heat-related illness.

Learn how: cdc.gov/disasters/extremeheat

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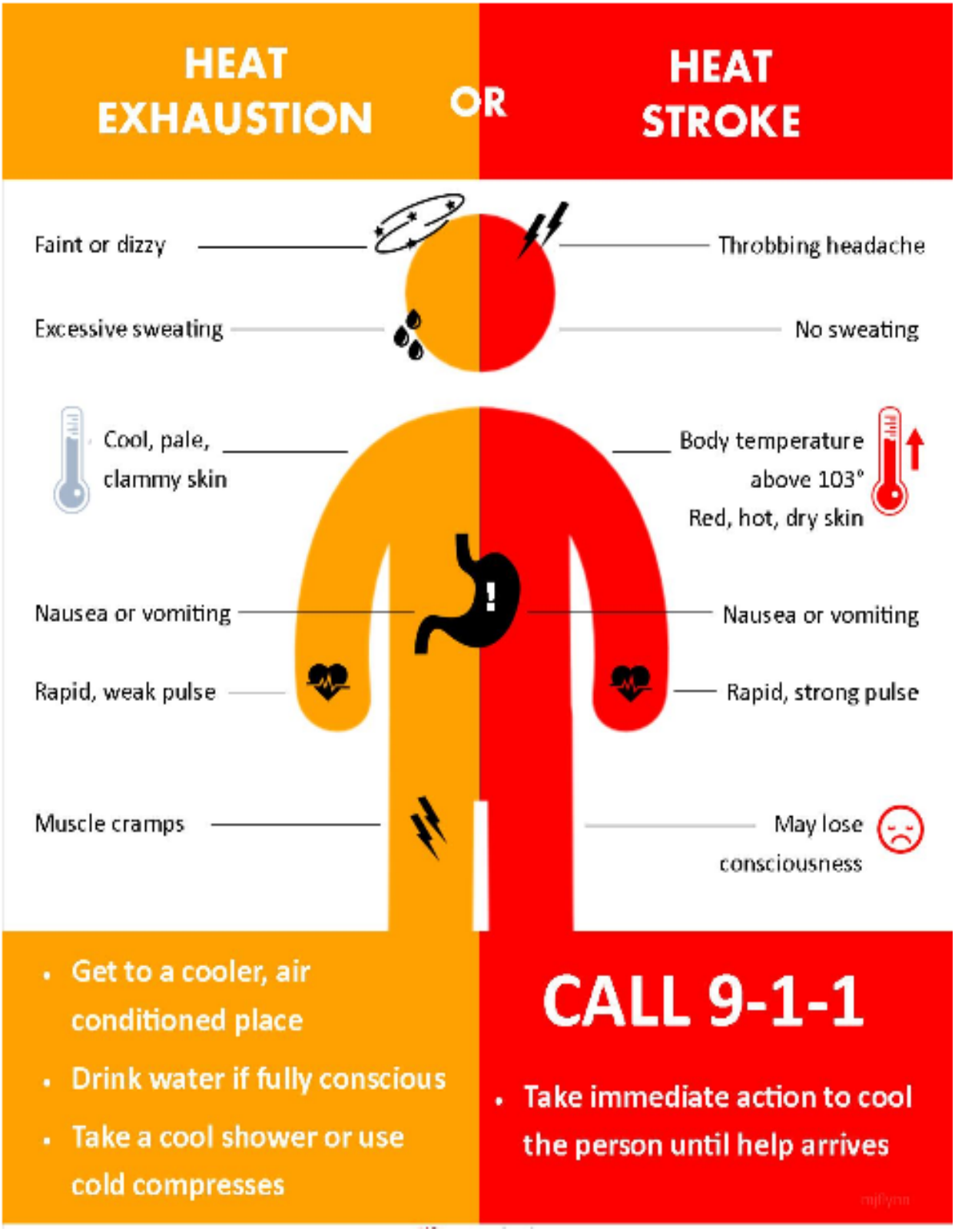
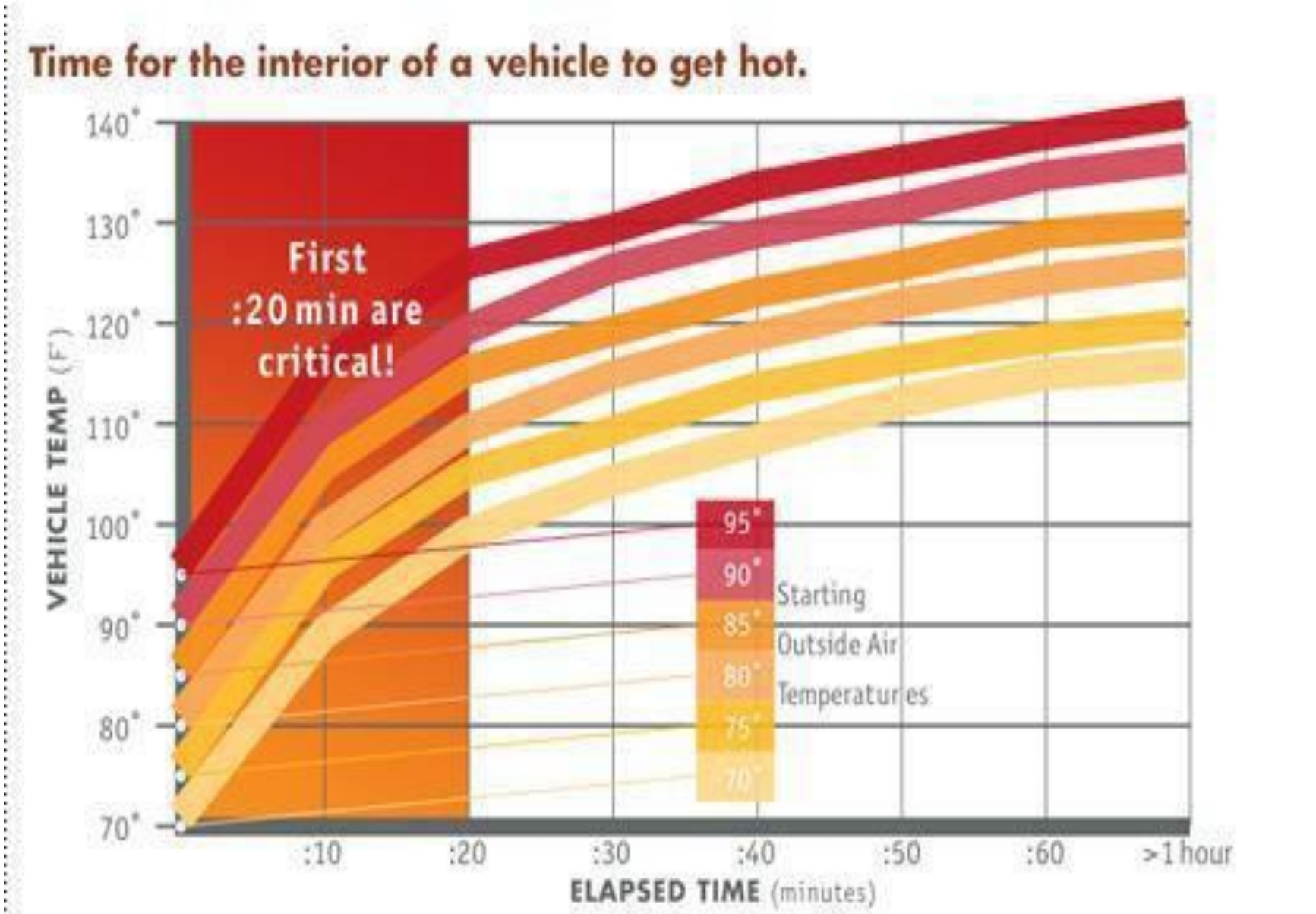
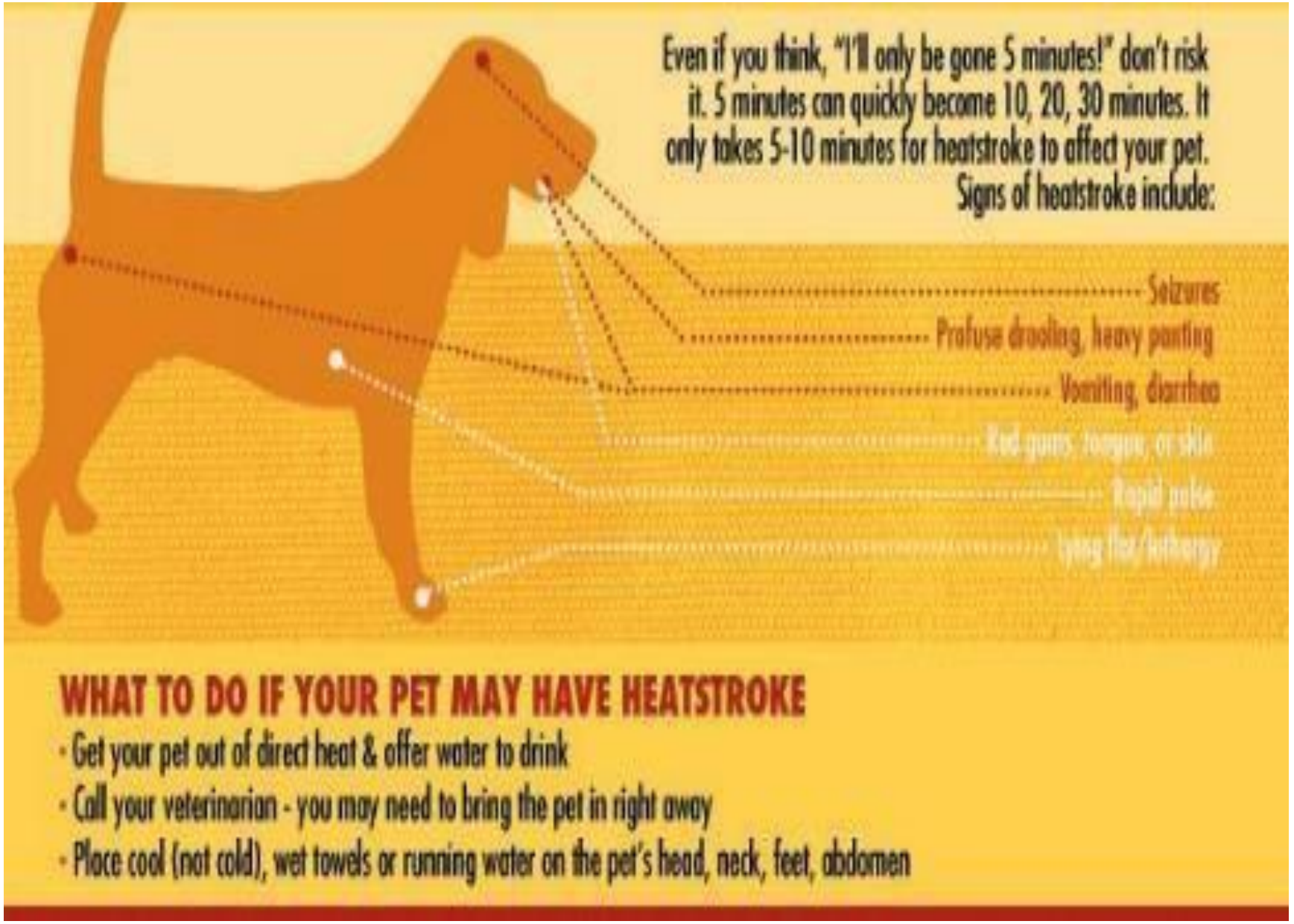
Attachment 5



Attachment 6



Attachment 7



Attachment 8