

TOURING DURING THE SUMMER MONTHS

When it's hot and we're active, our bodies heat up. Normally the body regulates its temperature through sweat and increased blood flow to the skin. But when conditions overwhelm these natural cooling defenses, we develop symptoms of heat illness.

When temperatures soar, you face a greater risk of experiencing heat illness. Here's a list of tips and best practices to keep you feeling great this summer.

- **Water & Hydration.** Water is a key line of defense against heat illness. Sierra Institute supplies our tour participants with clean, cool potable drinking water and we encourage you to stay hydrated. When in the heat, you should drink 4-8-oz glasses of water per hour. Increase the frequency of water breaks during a heat wave.
- **Shade & Rest Breaks.** Shade can relieve the effects of walking in direct sunlight. Sierra Institute tries to make available shaded areas for rest breaks, along with making the Tour Bus available at all times for resting.
- **Clothing.** Loose-fitting, light-colored clothing is best for keeping cool. Wide-brimmed hats can also help.
- **Buddy System.** Walking with a buddy helps in monitoring each other for heat illness symptoms.
- **Emergency Preparedness.** Medical emergencies do happen and we have planned for them. If you are feeling like you are experiencing heat illness, please see a Sierra Institute employee as soon as you can.

Following is a summary of types of heat illness:

MILD-HEAT CRAMPS

Symptoms: Heavy perspiration; small red bumps on the skin and a prickling sensation called 'prickly heat'; post-activity muscle cramps; mild dizziness or weakness.

Treatment: Rest in the cool shade; drink water; monitor condition.

MODERATE-HEAT EXHAUSTION

Symptoms: Heavy perspiration; cold, moist, pale or flushed skin; thirst; extreme weakness or fatigue; headache; nausea; lack of appetite; rapid weak pulse; giddiness.

Treatment: If you are suffering these symptoms, you should be treated immediately and may require medical attention. Recommended treatments may include resting in the cool shade; drinking water; applying cool compresses to the head, neck, and armpits; and using fans to blow air. If symptoms continue, call a doctor.

SEVERE: HEAT STROKE

Symptoms: Lack of sweating; hot, dry flushed skin; red, mottled, or bluish skin; deep rapid breathing; delirium; fainting or loss of consciousness; convulsions.

Treatment: These symptoms represent a serious emergency and can be fatal without immediate medical treatment. Call for emergency medical assistance. In the meantime, recommended treatments may include moving the victim to rest in the cool shade and cooling the body rapidly using whatever method is available.

Do not give a Heat Stroke victim fluids to drink!

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"I HATE SUMMER AND ALL THAT PRICKLY HEAT."