The background of the image is a stylized sun. It features a bright white circular center surrounded by numerous thin, orange, curved lines that radiate outwards, creating a sense of heat and movement. The overall color palette is dominated by warm orange and yellow tones.

BEATING

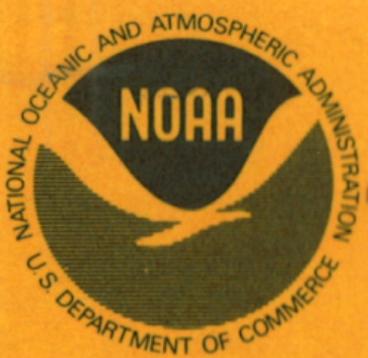
HEAT-WAVE

WEATHER

Heat-wave weather kills. Know these warning signs, and how to treat them:

	Symptoms	First Aid
HEAT ASTHENIA	Easy fatigue, headache, heavy sweating, high pulse rate, shallow breathing, poor appetite, insomnia.	Move to cooler, dryer environment, drink plenty of fluids and (unless diet prevents it) a salt tablet. Rest.
HEAT CRAMPS	Painful spasms in voluntary muscles. Pupils dilate with each spasm, possible heavy sweating, skin cold and clammy.	Firm pressure on cramping muscles, warm wet towels, three or four doses of salty water at 15-minute intervals.
HEAT EXHAUSTION	Profuse sweating, weakness, vertigo, skin cold and pale, clammy with sweat; pulse is thready, blood pressure low. Temperature normal or subnormal. Possible vomiting.	Move to cooler environment immediately. Bed rest, salty water. Seek medical help for severe cases.
HEAT STROKE (or sunstroke, heat collapse, thermic fever, heat hyperexia)	Weakness, vertigo, nausea, headache, heat cramps, mild heat exhaustion, excessive sweating; sweating stops just before heat stroke, temperature rises sharply, pulse is bounding and full, blood pressure elevated, delirium or coma common, skin flushed at first, later ashen or purplish.	HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON A PHYSICIAN OR GET THE PATIENT TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move victim into cooler environment, reduce body temperature with iced bath or sponging. Use extreme caution.

The disorder caused by heat-wave weather tends to be more severe with age. People with ailing or weak hearts are more susceptible to climatic stress, and should avoid exertion and keep to a cool environment during hot spells.



NOAA/PA 72019
1972

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Among our family of natural hazards, only the cold of winter takes a greater average toll in life than heat-wave weather. When it gets hot:

- Slow down; your body can't do its best in high temperatures, and could do its worst.
- Reduce your level of activity *immediately* when your body warns you that the heat is too much, and get into a cooler environment. Dress for summer in lightweight, light-colored clothing.
- Put less fuel on your inner fires; foods (like proteins) increase your metabolic heat production *and* water loss.
- Don't dry out; drink plenty of water while the hot spell lasts.
- Stay salty, unless on a salt-restricted diet.
- Avoid thermal shock; treat yourself extra gently for those first two or three hot days while your body gets acclimated.
- Vary your thermal environment; try to get out of the heat for at least a few hours each day, if not at home, then at a cool store, restaurant, theater—anything to reduce your exposure time.
- Don't get too much sun—sunburn hurts the body's ability to cool itself.