

Compatible News

June: Heat Stroke/Illness Month

As we all know, the temperatures in Arizona are quickly rising! Many people do not think of the sun causing illness. However, people can either suffer from heat stroke or heat exhaustion. This not only goes for when you are outside but in your car as well.

Your body normally cools itself by sweating. During hot weather, especially with high humidity, sweating just is not enough. Your body temperature can rise to dangerous levels and you can develop a heat illness. Most heat illnesses occur from staying out in the heat too long. Exercising too much for your age and physical condition are also factors. Older adults, young children and those who are sick or overweight are most at risk. Drinking fluids to prevent [dehydration](#), replenishing salt and minerals, and limiting time in the heat can help. On average, 675 people die from complications related to extreme heat each year in the United States – more than tornadoes, hurricanes, floods, lightning or any other weather event combined.



Information;

<http://www.nlm.nih.gov/medlineplus/heatillness.html>

<http://www.cdc.gov/extremeheat/index.html> call 1-800-CDC-INFO (1-800-232-4636)

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do:

- Move to a cooler location
- Lie down and loosen clothes
- Sip Water
- Apply cool, wet clothes to as much of your body as possible
- Continuous vomiting seek medical attention immediately



1/2 liter every 1/2 hour

Heat Stroke

High body temperature (above 103 degrees) - Call 911 immediately this is a medical emergency

- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT give fluids.

Please double and triple check your car for children and pets before you get out!!

To prevent heat related illness and fatalities:

- Drink water every 15 minutes, even if you are not thirsty.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the signs of heat illness and what to do in an emergency.
- Keep an eye on fellow people you are with.

How Long Does It Take For A Car to Get Hot?

OUTSIDE TEMPERATURE	TEMPERATURE IN CAR	TIME IT TAKES TO REACH
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7~10 minutes
85	120	30 minutes
100	140	15 minutes



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**Compatible Home Care
 Quality Care That Fits Your Life**

Compatible Home Care is a home care agency, which knows the importance of exceptional care for a family's loved one. Compatible prides itself on employing highly trained caregivers who will treat your loved one with the compassion and kindness they deserve. Compatible believes in providing quality and EPIC (empathy, patience, integrity, and compassion) care.

Compatible Home Care Agency also holds an Alzheimer's support group in the main office once a month and also holds educational seminars on various diseases and conditions for community members. Please feel free to contact our office for further information.