



June 2022

HEAT WAVE PROTOCOL

Definitions

Heat Wave - a prolonged period 5 days of abnormally hot weather which may be accompanied by high humidity.

Procedure

Communicate through newsletters or direct messages to tenants that they should stay hydrated by drinking plenty of fluids. These should not be diuretic in nature such as tea or coffee or soft drinks with caffeine. Instead, they should consume water with lemon slices, or flavoured no sugar water drinks (Crystal light). Soups, Jello or popsicles are also a source of water.

Heatstroke

The symptoms of heatstroke can include:

- **High body temperature:** An elevated body temperature is the main characteristic of heatstroke.
- **Mental changes:** These can include confusion, seizures (particularly in children), delirium, slurred speech, irritability, and coma.
- **Sweat changes:** In heatstroke brought on by hot weather, the skin will feel hot and dry. Heatstroke induced by physical exertion will leave the skin feeling moist.
- **Nausea:** This is feeling of being sick or needing to vomit.
- **Headache:** A throbbing headache is common with heatstroke.
- **Colour change:** The skin may turn red as the body becomes hotter.
- **Breathing:** Breathing might become quicker and shallower.
- **Heart rate:** As the body attempts to cool down, the heart is put under increasing strain causing heart rate to rise.

TREATMENT

The main aim of treating heatstroke is to lower the person's temperature and prevent further damage. There are a number of potential ways to achieve this, including:

Advise tenants to monitor their own temperature, when at all possible. KEEP WELL BELOW 104F/40C.

Immersion: The person with heatstroke is submerged in cold water or an ice bath.

Evaporation cooling: Cold water is misted onto the skin while warm air is fanned onto the body. This causes evaporation, which cools the skin (The home garden hose can be put on a mist setting to mist in the shade in the yard. Spray bottles with ice water can be used to cool down.)

Ice packs: Ice packs are placed in regions where large veins come close to the surface of the skin, such as the groin, armpit, neck, and back. This ensures that the temperature of the blood rapidly decreases.

Heatstroke is a serious condition, and professional medical help must be sought immediately. CALL 911.

While waiting for help, the individual should go somewhere less warm and attempt to reduce their temperature with damp sheets, a cold bath, or cooling drinks. Alcohol must be avoided.