

# PNS Summer Newsletter

Let's face it, everyone LOVES summer- no school, vacations and lazy days hanging out with friends... what's not to love?

Taking care of those who may be even more susceptible to the effects of the summer sun and heat means taking a few extra minutes to make sure you are truly prepared for what the day may bring...

This edition will give you some helpful information about the most common problems associated with our clients during the summer months, as well as tips to help prevent them - or at least reduce the risks associated with them.

Spending time out of doors enjoying the warmth and fresh air is great for the body and the spirit, but don't forget to look out for those little buggies that love to hang around us- Mosquitoes and Ticks.

Unfortunately, ticks are not just found in the woods and tall grasses; they can be found on the sidewalk or back porch of a typical suburban home as well. Sounds crazy, right? No, not really. Those little buggers are able to travel large distances by simply hitching a ride on a breeze... making them appear just about anywhere at any time. Be sure to check out the section on **TICKS AND MOSQUITOES** to find out what they look like and how to check you and your client for them when you come in from outside.



## Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important.
- Children (and adults) must remember to drink.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.
- Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am- 6 pm). Look for shade and take lots of breaks.
- **Seek medical attention immediately for any signs of heat-related illness.**

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Heat-related illness occurs when the body's temperature control system is overloaded. Those at greatest risk for heat-related illness include infants and children up to 4 years of age. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather

Excerpt from: <http://www.cdc.gov/family/kids/summer/>

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## Heat Exhaustion and Heatstroke

**Heat exhaustion and heatstroke can be very serious if they are not treated quickly.**

### Heat exhaustion

The symptoms of heat exhaustion can develop rapidly. They include:

- very hot skin that feels 'flushed'
- heavy sweating
- [dizziness](#)
- extreme tiredness (fatigue)
- nausea (feeling sick)
- vomiting
- a rapid heartbeat (tachycardia)
- confusion
- urinating less often and much darker urine than usual

A person with heat exhaustion should be moved quickly to somewhere cool and given fluids, preferably water, to drink. They should start to feel better within half an hour.

Read more about [treating heat exhaustion](#) here:

<http://www.nhs.uk/Conditions/Heat-exhaustion-and-heatstroke/Pages/Treatment.aspx>

### Heatstroke

The symptoms of heatstroke can develop over several days in vulnerable people, such as the elderly and those with long-term health problems. These groups are particularly at risk during spells of hot weather.

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**Symptoms of heatstroke include:**

- **high temperature** – a temperature of 40°C (103- 104°F) or above is one of the main signs of heatstroke (although it can be diagnosed at lower temperatures and some people can reach these temperatures during physical activity without developing heat exhaustion or heatstroke)
- **heavy sweating that suddenly stops** – if the body can't produce any more sweat, the skin will become dry which is a major warning sign that the body has become over-heated and dehydrated
- **a rapid heartbeat**
- **rapid breathing** (hyperventilation)
- [muscle cramps](#)

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**The extreme heat that causes heatstroke also affects the nervous system, which can cause other symptoms such as:**

- confusion
- lack of co-ordination
- fits (seizures)
- [headache](#)
- [vertigo](#) (the sensation that you're moving or spinning when standing still)
- restlessness or [anxiety](#)
- problems understanding or speaking to others
- seeing or hearing things that aren't real
- loss of consciousness

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**Heatstroke is a medical emergency.**

**Dial 911 immediately to request an ambulance if you think that you or someone you know has heatstroke.**

Read more about [treating heatstroke](#) here:

<http://www.nhs.uk/Conditions/Heat-exhaustion-and-heatstroke/Pages/Symptoms.aspx>

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