

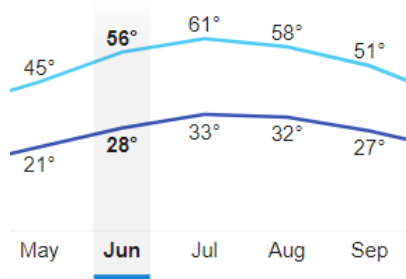
# Heat Exhaustion/Stroke & Hypothermia

## Prevent Heat Exhaustion:

- Wear sunscreen! Sun at altitude is intense.
- Wide brim hats and skin covering are best.
- Take twice the water you think you will drink & be sure to replace electrolytes lost during sweating.

## Hypothermia:

- Hypothermia is the lowering of core temperature, and can happen at temperatures as high as 45 degrees Fahrenheit.
- Even in the summer, bring layers including a rain jacket, puffy jacket, and winter hat. Try to avoid cotton, instead layer with wool or synthetics.



Average summer temps on Niwot Ridge

## Health Effects of Heat

symptoms may include:

Heat Exhaustion	Heat Stroke
<ul style="list-style-type: none"><li>excessive sweating</li><li>may have cool, pale, clammy skin</li><li>muscle cramps</li><li>faint or dizzy</li><li>weak, tired</li><li>nausea or vomiting</li></ul>	<ul style="list-style-type: none"><li>confusion, disorientation</li><li>may lose consciousness</li><li>red, hot, dry skin</li><li>nausea or vomiting</li><li>throbbing headache</li><li>stopped sweating</li><li>body temp above 103°F</li></ul>

if experiencing these symptoms...

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<ol style="list-style-type: none"><li>1. Get water, shade, and rest.</li><li>2. Stop all strenuous work in heat.</li><li>3. Monitor symptoms.</li></ol>	<ol style="list-style-type: none"><li>1. Call 9-1-1.</li><li>2. Take immediate action to cool down until help arrives.</li></ol>
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