

# HEAT EXHAUSTION

## WHAT IS IT?

Heat Exhaustion is when your body is deprived of water and salt due to intense heat and dehydration. If actions are not taken, it can lead to heat stroke. Causes are dehydration and high temp exposure.

## SIGNS AND SYMPTOMS

- Skin is cool, clammy, and sweaty
- Dizziness, fatigue and/or fainting
- Rapid and weak pulse
- Shallow but normal breathing
- Headache and muscle cramps
- Nausea and extreme thirst

## WHAT TO DO?

- Move to shade or A/C if possible
- Hydrate!!!! Drink electrolytes and water
- Sit down and rest
- Remove and wet extra clothing; place on back of neck or in the armpit
- If you need further assistance, "CALL your park ranger" at (435) 628-2255

# HEAT STROKE

## WHAT IS IT?

Heat Stoke is an emergency!! Heat stroke happens when your body overheats due to prolonged exposure to heat and you're unable to cool down. Caused by dehydration, prolonged heat exposure and failure to regulate body temperature. Body temperature exceeds 104° F.

## SIGNS AND SYMPTOMS

- Skin is hot and DRY; inability to sweat
- Confusion, agitation, or disorientation
- Rapid and strong pulse
- Shallow breathing; may be rapid
- Throbbing headache
- Nausea and vomiting
- Possible loss of consciousness

## WHAT TO DO?

- Call 911 immediately, it is an emergency!
- Cool down as rapidly as possible, move to shade, apply cold packs, wet clothing and/or get person wet.
- If the person is able, sip water and replenish electrolytes.

## PREVENTION

**SNOW CANYON STATE PARK IS KNOWN FOR ITS DRY AND HOT CLIMATE! SO:**

Bring water and electrolytes. Each person in your group should carry and drink at least one-liter of water per hour.

Wear light and loose fit clothing.

Avoid activities between 11a.m. and 7p.m.

Wear sunscreen and sun protection.

Take frequent breaks.

Check on members of your group. Children and elderly are at higher risk.