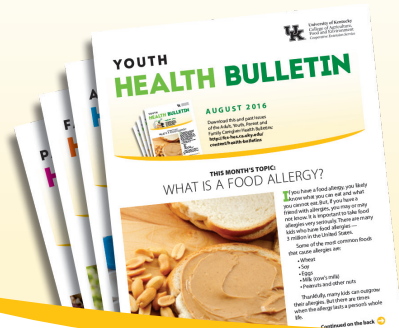


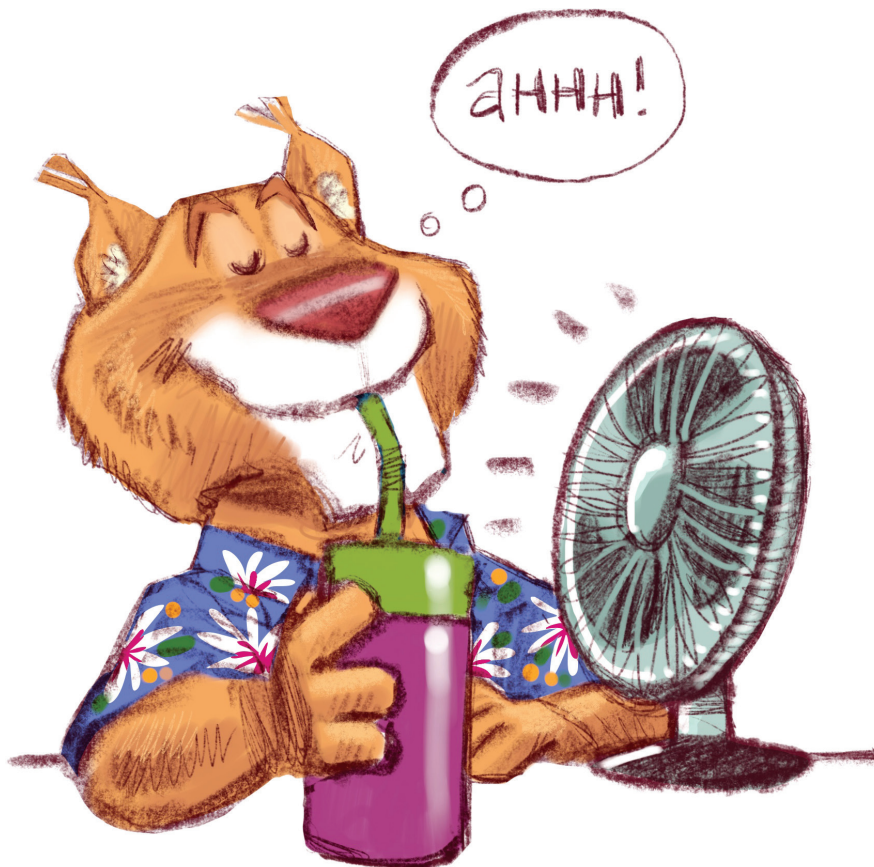
YOUTH HEALTH BULLETIN



JULY 2019

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THIS MONTH'S TOPIC: HOT HOT HOT!



Have you ever heard the term “heat exhaustion”? This can happen in the summer when it is super hot. Heat exhaustion happens when your body is not able to cool itself down. Someone who has heat exhaustion might feel overheated, tired, and weak. Heat exhaustion can happen fast. If you are outside in the hot sun playing soccer, it can be easy to get heat exhaustion.

Heat stroke is another serious heat-related illness. A kid having a heat stroke might stop sweating, have red or hot skin, and a high temperature. This person could start feeling confused, become uncoordinated, and sometimes lose consciousness. This is serious and requires emergency medical attention.

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Drink water regularly, even before you feel thirsty — and always have it available.



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If you start feeling hot, you have a headache or feel dizzy, or think you might throw up, be sure to tell a grown-up. The adult will make sure that you move to a cool place out of the sun, will give you a sports drink or water, and if needed, might take you to your doctor.

You do not need to hide from the sun, but you should follow these steps to stay safe:

- Take breaks from the sun often by going indoors or moving into the shade.
- Drink water — even before you feel thirsty.
- Be sure to wear loose, lightweight, light-colored clothing.

When it's hot outside, stay safe — guzzle some water, hit the shade, or go inside and enjoy the air conditioning!

REFERENCES:

- <https://kidshealth.org/en/kids/word-heat-exhaustion.html>
- <https://kidshealth.org/en/kids/summer-safety.html>



YOUTH
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