SURVIVING SUMMER

Tips for remaining healthy and active during the summer months
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OBJECTIVES

- Raise awareness of how summer conditions can affect your health
- Discuss signs and symptoms of heat-related emergencies, environmental emergencies and recommended treatment to include:
  - Heat cramps, heat stroke, heat exhaustion, tick bites & Lyme disease, venomous snakes, venomous spiders, and allergic reactions/anaphylaxis
- Discuss sunburn, prevention of sunburn, and warning signs of melanoma
- Discuss proper hydration techniques
STATISTICS

- ~ 200 people in the US die every summer due to heat-related illnesses
- 300,000 new cases of Lyme disease reported every year
  - Has been reported in all 50 states
  - Current diagnostic testing misses up to 60% of acute cases
HEAT-RELATED ILLNESSES

- Extreme heat affects everyone
  - Those at a higher risk include:
    - Elderly, children, the poor, homeless, those with chronic medical conditions, or those who work or exercise outside
HEAT-RELATED ILLNESS AND DEATH IS PREVENTABLE!
HEAT-RELATED ILLNESSES

Signs & Symptoms
- Clusters of red bumps most often appearing on upper chest, neck, stomach, and in folds of skin

Treatment
- Move to a cooler, less humid environment when possible
- Keep affected area dry

Signs & Symptoms
- Muscle spasms and pain
- Commonly affects arms, legs, and stomach

Treatment
- Rest in a cool, shaded area
- Drink water or electrolyte-replenishing beverages
- Wait 2-3 hours before returning to strenuous activity

Heat Rash
Heat Cramps
HEAT-RELATED ILLNESSES

Heat Exhaustion

- Signs & Symptoms
  - Cool, moist skin, sweating heavily
  - Headache, dizziness, lightheaded, weak
  - Nausea, vomiting, incredibly thirsty
  - Irritable, rapid heartbeat

- Treatment
  - Sit or lie in a cool, shaded area
  - Drink water or electrolyte-replenishing beverages
  - Active cooling with cold compresses or ice packs
  - Medical evaluation if symptoms persist for > 60 minutes, no more work for the day
HEAT-RELATED ILLNESSES

- Heat Stroke
  - Signs & Symptoms
    - Confusion
    - Fainting, seizures
    - Red, hot, dry skin or profuse sweating
  - Treatment
    - Immediate medical attention!! Call 911
PREVENTING HEAT-RELATED ILLNESSES

- Light-colored, loose-fitting, breathable clothing
- Gradual build-up to strenuous work
- Do heaviest work at coolest parts of day
- Take adequate breaks when heat and/or humidity is extreme
- Drink more fluids
- Protective clothing/equipment may increase risk
- Monitor your physical condition
Remember your ABCs!

- **A**—avoid the sun during peak hours, 10-4
- **B**—block with a broad spectrum sunblock, 30 SPF or higher
- **C**—cover up with loosely fitting, tightly woven clothing, sunglasses with UV protection
MELENOMA

- A—asymmetry
- B—borders are irregular
- C—color variegation
- D—diameter greater than pencil eraser
- E—evolves & changes over time
PROPER HYDRATION

- Don’t wait until you’re thirsty to drink
- Drink more water and clear liquids
- Replenish lost electrolytes with Gatorade-like drinks
- Drink at least one cup of fluid every 15-20 minutes
- Avoid high caffeine, high sugar, and alcoholic beverages
Ticks and Lyme disease
- Wooded areas, tall grass, leaf litter
- Dawn and dusk
- Remove with tweezers
WHERE THE WILD THINGS ARE...

- **Signs & Symptoms**
  - Body/muscle aches
  - Fever, chills
  - Headache
  - Fatigue
  - Joint pain
  - Swollen lymph nodes
  - “Bulls-eye” rash

- **Protecting yourself**
  - Check clothing and skin daily
  - Wear light-colored clothing
  - Tuck pants into boots
  - Wash and dry clothes using “hot” setting
WHERE THE WILD THINGS ARE...

- Insect bites and stings
  - Allergic reaction
  - Anaphylactic shock

Protecting yourself:
- Run like hell!!
WHERE THE WILD THINGS ARE...

- Black widow spiders
  - Woodpiles, under leaves, fences, debris
  - Neurotoxic venom
  - Affects entire body

- Signs & Symptoms
  - Itching, rash
  - Radiating pain, cramps
  - Red-purple blister
  - Profuse sweating
  - Difficulty breathing
  - Nausea, vomiting
  - Fever, chills
  - Anxious or restless
WHERE THE WILD THINGS ARE...

- Brown recluse spiders
  - Dark, secluded areas

- Signs & Symptoms
  - Stinging sensation
  - Localized pain
  - Small white blister
  - Severe skin lesion
PROTECTING YOURSELF

- Shake out clothing, shoes, towels, or equipment before use
- Use a repellent with 20-30% DEET
- Remove or reduce debris
- Trim back tall grasses
- Keep your tetanus up-to-date
WHERE THE WILD THINGS ARE...

Watersnake (Non-venomous)
- Round Snout
- Round Pupil

Cottonmouth (Venomous)
- Pointy Snout
- Elliptical Pupil
- Heat Sensing Pit

Head is triangular, but not as broad
Very broad head, skinny neck
WHERE THE WILD THINGS ARE...

Rattlesnakes
- Found all across US
- Can strike up to 1/3 of body length
- Rattler is warning device
WHERE THE WILD THINGS ARE...

- Copperheads
  - Generally passive
WHERE THE WILD THINGS ARE...

- **Signs & Symptoms**
  - Puncture marks
  - Redness, swelling
  - Severe pain at site
  - Nausea, vomiting
  - Labored breathing
  - Visual changes
  - Profuse salivation and sweating
  - Numbness, tingling of face and limbs
PROTECTING YOURSELF

- Stay away from tall grass, rock piles, log piles
- Wear boots and long pants when working outside
- Wear leather gloves when handling debris
- Be aware and alert to your surroundings
QUESTIONS?
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