

# NURSES NOTES



from Nurse Vickie

## How Sun Smart Are You?

Let's take a little quiz to test your knowledge.

True or False:

- You do not need to use sunscreen if you will be staying in a shaded area?
- You will get sunburned faster if you are in the water.
- Sun exposure is considered the single greatest risk for developing skin cancer.
- Skin cancer only affects light-skinned people.
- The sun's strongest rays occur between 10 am and 4 pm.
- If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
- Certain over-the-counter and prescription medications can increase your sensitivity to the sun.

Heat related illnesses, such as heat exhaustion and heat stroke, happen when the body is not able to properly cool itself. Our bodies normally cool themselves by perspiring, however in extreme heat, this may not be enough. In these instances, a person's body temperature rises faster than it can cool down. This is dangerous because it can cause damage to the brain and other vital organs.

It is very important to recognize the warning signs of heat related illnesses and to know the proper steps to take as these illnesses can be life threatening.

### Symptoms of heat exhaustion are:

- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting

### Symptoms of a heat stroke include:

- Hot, red dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness

In the event of heat exhaustion, move to a cool place and put wet cloths on your body or take a cool bath. Seek medical attention if you are vomiting, your symptoms get worse or if your symptoms last more than an hour. Heat stroke on the other hand is a medical emergency. In the event of a heat stroke, call 911 right away.

Having fun in the sun is one of the best parts of summer! Just make sure you and your loved ones are doing it safely by knowing the signs of heat related illnesses.

Have a safe and fun summer!  
Nurse Vickie

Answers: False, True, True, False, True, True, True

