

HEAT STROKE

Summer Time Safety For Those At Risk

Heat stroke is a form of hyperthermia or [heat-related illness](#), an abnormally elevated body temperature with accompanying physical symptoms including changes in the nervous system function. **Heat stroke is a true medical emergency that is often fatal if not properly and promptly treated.** Heat stroke is also sometimes referred to as heatstroke or sun stroke. Severe hyperthermia is defined as a body temperature of 104 F (40 C) or higher. The body normally generates heat as a result of [metabolism](#), and is usually able to dissipate the heat by [radiation](#) of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous physical exertion under the sun, the body may not be able to sufficiently dissipate the heat and the body temperature rises, sometimes up to 106 F (41.1 C) or higher. Another cause of heat stroke is [dehydration](#). A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

Those most susceptible (at risk) individuals to heat stroke include:

- Infants, children and pets (never leave unattended in a vehicle)
- The elderly (often with associated heart diseases, lung diseases, kidney diseases, or who are taking medications that make them vulnerable to dehydration and heat strokes)
- Athletes
- Individuals who work outside and physically exert themselves under the sun

Symptoms:

- High body temperature/sweating
- Rapid Breathing
- Nausea Vomiting/flushed skin
- Racing Heart Rate
- Headache

Prevention:

- Stay indoors or shaded areas
- Wear light clothing
- Stay cool/ mist if needed
- Drinks lots of water

Always seek medical professional help needed or call 911 for emergency care.



Summertime Stings

You're out for a pleasant day of working in the yard and you dig up a hornet's nest -- literally. For most people, a bee or wasp sting is just painful, but for a few, it can be life-threatening. You may not know you're one of them until after you've been stung -- sometimes more than once. Three in 100 adults in the United States -- or nearly 7 million people -- have life-threatening allergies to insect stings, according to the *Journal of Allergy and Clinical Immunology*.

To stay free of bees (and other stinging insects, including mosquitoes) when outdoors, avoid heavy perfumes and scents (especially florals), wear light-colored clothing with no floral patterns (stinging insects are attracted to dark colors and flowers), and guard food and sugary drinks like sodas. Most people who get stung will just have pain, tenderness, itchiness, and swelling at the sting site.

But see a doctor or go to the ER immediately when you have:

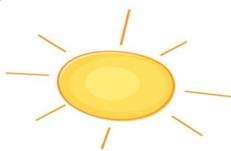
- Hives, itchiness, and swelling over large areas of your body.
- Tightness in the chest or trouble breathing.
- Swelling of the tongue or face.
- Dizziness or feeling you will pass out.



Stanton advises keeping an epinephrine auto-injector with you. The pen holds a prescription medication designed to treat severe allergic reactions by tightening the blood vessels and relaxing the airway muscles. One quick jab to the thigh helps slow down a life-threatening allergic response.

But don't assume that using the pen is enough. "In the vast majority of people, the reaction will outlast the pen, so once you've used it, you should still go to the ER for observation or further treatment," Stanton says. "The pen buys time."

To treat a milder reaction, take acetaminophen for the pain and an antihistamine for hives and swelling. (This works for mild reactions to mosquito bites as well.) "Icing the wound can help too," Stanton says.



SUMMER

Picnic Checklist

* Picnic foods

check out my list at <http://bit.ly/SummerPicnicRecipes>

* Bag of ice/ice trays

* Condiments

* Drinks

* Utensils

* Cups and Plates

* Napkins/Paper towels

* Serving utensils

* Trash bags

* Wet wipes

* Blanket/Tablecloth



Bagel Gone Bananas-Grab-and-Go Breakfast

Makes: 2 servings, 1/2 bagel each

Ingredients

- 2 tablespoons natural nut butter, such as almond, cashew or peanut
- 1 teaspoon honey
- Pinch of salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced

Preparation

Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.. *Add almond slices for crunch*

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Find us on:



Save
the
Date

- * July 6th—FCS/BLT Advisory Committee
- * August 5th—Step Up and Scale Down
(every Friday noon-1)
- * Month of September is Family Mealtime Month
- * November 15th—Dinner Tonight Healthy Cooking
School

invite

a family over for

Dinner

CHALLENGE