

July 22, 2020

Beat the Heat: Prevent Heat-Related Conditions

As North Texas enters the hottest time of the year, heat indexes are predicted to exceed 105 degrees. Prolonged or intense exposure to high temperatures can cause heat-related illnesses such as heat exhaustion and heatstroke- but these conditions are preventable.

Heat exhaustion occurs when the body loses large amounts of water and salt through excessive sweating. This loss of essential fluids can disturb circulation and interfere with brain function. Symptoms of heat exhaustion may include muscle cramps, paleness, sweating, nausea and vomiting. The elderly are especially susceptible.

Heatstroke is a life-threatening problem that occurs when the body suffers from long, intense exposure to heat and loses its ability to cool itself. Some of the most common signs of heatstroke include confusion, vomiting, alteration in sweating, hot and flushed skin, rapid heart rate, decreased sweating, shortness of breath, decreased urination, increased body temperature (104-106 degrees Fahrenheit) or, potentially, convulsions.

Heatstroke is a medical emergency. If you or someone you know starts experiencing any of the symptoms above, call 911 immediately.

[Click Here for Tips on how to Beat the Heat](#)

Questions or Need Assistance?

Contact your Healthcare Concierge by phone or email.



Call: 1-877-374-7993 (TTY 711)



Email: concierge@cnhealthplan.com

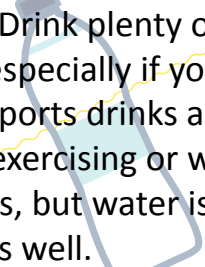
October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.



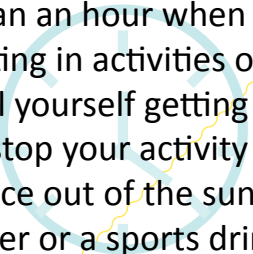


Beat the Heat

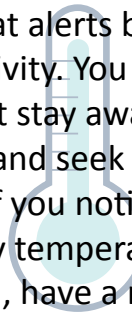
While heatstroke and heat exhaustion are common this time of year, they can be prevented with these tips.



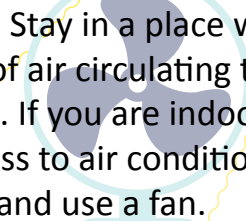
Hydrate. Drink plenty of water during the day, especially if you are engaged in activity. Sports drinks are a good choice if you're exercising or working in hot conditions, but water is a good way to hydrate as well.



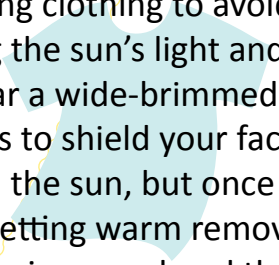
Limit activity. Heatstroke can occur in less than an hour when you are participating in activities on a hot day. If you feel yourself getting hot or light-headed, stop your activity and rest in a cool place out of the sun. Be sure to drink water or a sports drink before, during and after activity.



Stay Informed. Check local news for extreme heat alerts before planning outdoor activity. You should enjoy summer, but stay aware of signs and symptoms, and seek medical help right away if you notice an increase in your body temperature, become confused, have a rapid pulse, feeling faint and/or staggering.



Ventilate. Stay in a place where there is plenty of air circulating to keep your body cool. If you are indoors and don't have access to air conditioning, open windows and use a fan.



Cover up. Wear light-colored and loose-fitting clothing to avoid absorbing the sun's light and trapping heat. Wear a wide-brimmed hat and sunglasses to shield your face and eyes from the sun, but once you feel yourself getting warm remove any items covering your head that can trap heat close to your body.