

DATE: July 6, 2010

TO: Camp Directors

FROM: Debra Johnson, Chief  
Community Based Regulation Section

RE: Heat Advisory

As I am sure you are well aware, Connecticut forecasters are expecting the extremely high temperatures and excessive humidity to continue over the next several days. For your information, I am attaching a copy of the press release issued over the weekend from the Governor's Office.

Please be reminded that during periods of extreme heat, children who are engaged in sports or other physical activity may be at risk of developing heat stroke, heat exhaustion, or heat cramps. Individuals with asthma or other respiratory illnesses may also be at risk. Camp Directors are responsible at all times for the health, comfort and safety of the campers and staff and therefore are advised to take necessary precautions, including limiting physical activity, to protect the health of their campers and staff.

Some prevention tips to help campers and staff to stay healthy in summertime heat are the following:

- Restrict physical activity
- Keep children and staff indoors, if possible, or in a cool area out of direct sunlight. Use air conditioning if possible.
- Limit outdoor activity to early morning and evening hours
- Rest often in shady areas
- Use sunscreen (SPF 15 or higher), wide brimmed hats and sunglasses
- Have children and staff drink more fluids. Avoid caffeine, or large amounts of sugar and very cold drinks that could cause stomach cramps. A sports beverage can replace the salt and minerals lost in sweat
- Have children wear light-colored, loose fitting clothing
- Never leave anyone in a closed, parked vehicle

It is important for staff to become familiar with the signs and symptoms of heat stroke, heat exhaustion, and heat cramps.

- **HEAT STROKE** is the most serious heat-related illness and is accompanied by hot, dry skin; shallow breathing; a rapid, weak pulse; and confusion. Heat stroke occurs when a person's body temperature exceeds 105 degrees Fahrenheit and could render the victim unconscious. If you believe that someone has heat stroke, call for emergency medical treatment or have the person taken to the hospital immediately. While waiting for emergency personnel, move the victim to a cool area out of direct sunlight; sponge bathe with cool water; and fan. If possible, relocate the person to an air-conditioned room.
- **HEAT EXHAUSTION** is characterized by heavy sweating, weakness and cold, pale, clammy

skin. There may also be fainting and vomiting. If someone appears to be suffering from heat exhaustion, they should be moved to a cool area out of direct sunlight, sponge bathed with cool water and fanned. Also, give sips of water to the individual every 15 minutes for one hour.

- **HEAT CRAMPS** are characterized by painful spasms, usually in muscles of the legs and abdomen and by heavy sweating. To relieve heat cramps, apply firm pressure on cramping muscles or gently massage the muscles. As in the case of heat exhaustion, give sips of water every 15 minutes for one hour.

I hope this information is helpful. Wishing you a continued fun filled and safe summer season.