

Heat Related Health Concerns



What Are They?

- Heat rash: excessive sweat indirectly irritating skin
- Sunburns: burns caused by the sun
- Exhaustion: excessive fatigue from sun exposure
- Fainting: loss of consciousness
- Heat stroke: medical emergency



(1)

Signs and Symptoms⁽¹⁾

- Dizziness or fainting
- Nausea and vomiting
- Rapid breathing and heart rate
- Extreme thirst
- Irrational behaviour



(2)



(3)

Prevention

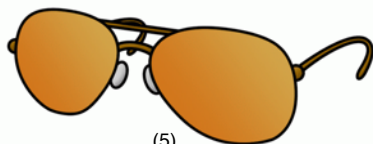
- Take frequent **shade breaks**
- Wear **sunglasses**, hat, protect face and neck from exposure
- Use broad-spectrum **sunscreen**
- Loose-fitting clothing
- Stay **hydrated**



(4)

What Does Camp Kawartha Do?

- **Monitor** for signs and symptoms of overheating
- Encourage use of **sunscreen** and protective clothing (e.g. hat and sunglasses)
- Take regular **shade and water breaks**
- **Activities altered** to suit air temperature and humidity



(5)



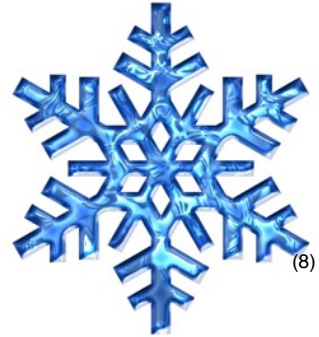
(6)

Cold-Related Health Concerns



What Are They?

- Windburn: cold wind removes oils from skin
- Frostnip/Frostbite: freezing of skin and tissue
- Snow Blindness: damage to eyes when looking at snow on bright day



Prevention

- Wearing **layers**
- Keep head, hands, exposed skin covered
- **Protect** exposed areas
- **Take breaks** from the cold
- Wear **sunglasses**
- Change into **dry clothes** as soon as possible



What Does Camp Kawartha Do?

- **Monitor** for signs and symptoms
- Ensure campers are **dressed appropriately**
- **Activities modified** to suit weather



Signs and Symptoms⁽¹⁾

- Pain or stinging
- Redness
- Numbness
- Skin may be hard/solid to the touch
- Pain around eyes
- Blue lips
- Vigorous shivering

Text References

- (1) Canadian Red Cross. (2011). Environmental Emergencies. In *First Aid & CPR manual* (pp. 147-159). Guelph, ON, Canada: The Canadian Red Cross Society.

Image References

- (1) MedicineNet. (n.d.). *Picture of acute sunburn*. Retrieved from <http://www.medicinenet.com/image-collection/acute_sunburn_picture/picture.htm>.
- (2) Anonymous (n.d.). *Images for nervous sweating gif*. Retrieved from <<http://imgkid.com/nervous-sweating-gif.shtml>>.
- (3) Anonymous. (n.d.). *Plastic water bottle cartoon*. Retrieved from <<http://www.carolyngrintonphotography.ca/photographtxr/plastic-water-bottle-cartoon>>.
- (4) Charity Matters. (2014, July 25). *Charity matters quotes*. Retrieved from <<http://charity-matters.com/2014/07/25/charity-matters-quotes-50/#.VEEzAL5mkVt>>.
- (5) Scarterfield, J. (n.d.). *How to draw cartoon sunglasses*. Retrieved from <<http://www.how-to-draw-cartoons-online.com/cartoon-sunglasses.html>>.
- (6) Bakes for Breast Cancer. (2012, March 26). *Summer sun, radiation and chemo*. Retrieved from <<http://www.bakesforbreastcancer.org/summer-sun-radiation-and-chemo/>>.
- (7) ClipartPanda. (2014). *Cold thermometer clip art*. Retrieved from <<http://www.clipartpanda.com/categories/cold-thermometer-clip-art>>
- (8) Lifelong Learning Terra State Community College. (n.d.). *Stained glass snowflake*. Retrieved from <http://www.terrastatelifelonglearning.org/store/p96/Stained_Glass_Snowflake.html>.
- (9) Anonymous. (n.d.). *Fall clothes clipart*. Retrieved from <<http://imgkid.com/fall-clothes-clipart.shtml>>.
- (10) Proteck Machinery. (n.d.). *Freezing cold person cartoon*. Retrieved from <<http://www.proteckmachinery.com/stats.php?p=freezing-cold-person-cartoon>>.