

Prevention of Heat Related Illness

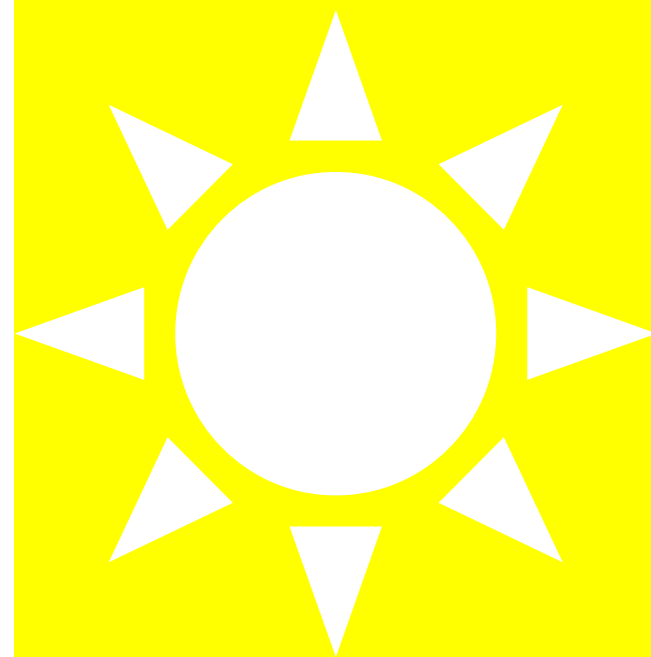
During periods of high temperature (90° and above) and humidity, there are things everyone, particularly people at high risk, should do to lessen the chances of heat illness.

- ▶ Try to stay cool.
 - Stay in air conditioned areas if possible. If you do not have air conditioning at home, go to a shopping mall or public library.
 - Keep windows shut and draperies, shades, or blinds drawn during the heat of the day.
 - Open windows in the evening or night hours when the air outside is cooler.
 - Move to cooler rooms during the heat of the day.
- ▶ Avoid overexertion and outdoor activity, particularly during warmer periods of the day.
- ▶ Apply sunscreen and lotion as needed.
- ▶ Drink plenty of fluids (avoid coffee, tea, and alcohol).
- ▶ Dress in loose fitting, light colored clothing.
- ▶ Wear a hat, sunglasses, and other protective clothing.
- ▶ Take a cool shower or bath.
- ▶ Lose weight if you are overweight.
- ▶ Eat regular meals to ensure that you have adequate salt and fluids.

Common psychotropic medications which can impair your response to heat

Trade Name	Generic Name
Abilify	aripiprazole
Asendin	amoxapine
Artane	trihexyphenidyl
Aventil, Pamelor	nortriptyline
Clozaril	clozapine
Cogentin	benztropine
Compazine	prochlorperazine
Desyrel	trazodone
Elavil, Limbitrol, Triavil	amitriptyline
Eskalith, Lithobid, Lithonate	lithium
Geodon	ziprasidone
Haldol	haloperidol
Loxitane	loxapine
Ludiomil	maprotiline
Mellaril	thioridazine
Moban	molindone
Navane	thiothixene
Norpramin	desipramine
Phenergan	promethazine
Prolixin	fluphenazine
Risperdal	risperidone
Serentil	mesoridazine
Seroquel	quetiapine
Sinequan	doxepin
Stelazine	trifluoperazine
Thorazine	chlorpromazine
Tofranil	imipramine
Trilafon	perphenazine
Wellbutrin	bupropion
Zyprexa	olanzapine

****Note: This is not an all inclusive list***




Heat Related Illness In Psychotropic Medication Users


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Psychotropic Medications Affect Body Heat

Psychotropic medications may impair the body's ability to regulate its own temperature. During hot and humid weather, individuals taking antipsychotic medications are at risk of developing excessive body temperature, or hyperthermia, which can be fatal. Individuals with chronic medical conditions (i.e., heart and pulmonary disease, diabetes, alcoholism, etc.) are especially vulnerable.

 **Heat exhaustion** is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

 **Heat stroke** is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.



Heat Exhaustion

This can occur in both active and sedentary individuals. It happens suddenly, and may be quite brief. A doctor should be called. Recovery may be spontaneous, or intravenous fluids may be needed to prevent unconsciousness.

► **Warning Signs of Heat Exhaustion:**

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness, Dizziness, Headache
- Nausea, vomiting
- Fainting

► **Treatment:**

If a person displays symptoms of heat exhaustion, he or she should be:

- Moved to a cooler place as soon as possible
- Give water or other liquids (avoid coffee, tea, and alcohol) immediately; there is no need for salt
- Encouraged to rest for a short time
- Take a cool shower, bath, or sponge bath
- Loosen or remove clothing



Heat Stroke

This occurs mostly during heat waves. Persons with chronic illnesses are most vulnerable. Heat stroke, the most common serious heat illness, can lead to death if left untreated.

► **Warning Signs of Heat Stroke:**

- Confusion, dizziness, nausea, unconsciousness
- High body temperature (103° Fahrenheit or above)
- Rapid, strong pulse
- Throbbing headache
- Red, hot, and dry skin

► **Treatment:**

As soon as you recognize the signs of heat stroke, take immediate action:

Call 911 immediately

- Loosen or remove clothing
- Move to a cooler place as soon as possible
- Cool the victim using cool water
- Do not give the victim alcohol to drink

If emergency medical personnel are delayed, call the emergency room for further direction.