

# A Hot Topic

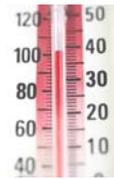


## *Heat-Related Illnesses - When to Call the Doctor*

Summer is here, temperatures are heating up and kids are outside playing. Therefore we need to be careful that kids are not affected by heat-related illnesses such as heat syncope (fainting from heat), heat exhaustion and heat stroke. They are far more serious than sunburns. These conditions occur when kids become overheated and dehydrated, and in many cases, are accompanied by sunburns.

Call the doctor if:

- your child has an unexplained fever higher than 102° Fahrenheit (38.9° Celsius)
- the sunburned skin looks infected
- your child has trouble looking at light (this may indicate a sunburn of the eye's cornea)



Contact your doctor for immediate assistance if your child has:

- nausea
- vomiting
- fainting
- delirium (seems temporarily mentally confused)
- diarrhea

## **Be Sun Safe Yourself**

Be a good role model. Wear sunscreen, limit your time in the sun and take in an adequate amount of fluids. This will teach your kids good sun sense and prevent heat-related illnesses.

**Chouteau County Health Dept**

**406-622-3771**

**Our hours are Monday through Friday 8:00 a.m. to 5:00 p.m.**

