



Department of  
Developmental Disabilities

Office of MUI/Registry Unit

John R. Kasich, Governor  
John L. Martin, Director

**Health & Safety Alert #2-05-11**

**Keeping Safe in the Summer  
Part II**



**TOO MUCH SUN CAN CAUSE SUNBURN,  
DEHYDRATION, AND SUN/HEAT STROKE.  
ALL ARE PREVENTABLE WITH A LITTLE CARE!**

**WHAT IS A SUNBURN?**

A sunburn is a painful skin condition, which occurs as a result of over exposure to the ultraviolet rays of the sun.

**THE RISK OF SUNBURN IS HIGHER FOR:**

- ❖ Persons with fair skin, blue eyes, and red or blonde hair;
- ❖ Persons taking some types of medications (check with the Doctor);
- ❖ Persons exposed to a lot of outdoors sunlight; and
- ❖ Persons whose skin is already compromised



**PREVENTION:**

- ❖ Avoid the sun between 10 AM and 4 PM
- ❖ Protect the skin using sun block with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply sun block 15 – 30 minutes before going in the sun and every 1 to 1 ½ hours thereafter
- ❖ Use a lip balm with sunscreen in it
- ❖ Wear muted colors such as tan

Division of Legal & Oversight (800) 617-6733 (Phone)  
1800 Sullivant Avenue (614) 995-3822 (Fax)  
Columbus, Ohio 43223-1239 (866) 313-6733 (Hotline)

*The State of Ohio is an Equal Opportunity Employer and Provider of Services*

- ❖ Wear a hat (the looser the better) especially if hair is thin on top!
- ❖ Wear sunglasses that absorb at least 90% UV rays (check the label on sunglasses)
- ❖ Clouds and particulate matter in the air scatter sunlight. You can receive a "surprise sunburn" even on a cloudy day!
- ❖ Come in out of the sun when you first start to notice that your skin is getting pink

### **WHAT IS DEHYDRATION?**

Dehydration is the loss of body fluids and electrolytes due to profuse sweating and inadequate intake of water. Alcohol consumption aggravates dehydration.

### **SIGNS OF DEHYDRATION INCLUDE:**

- ❖ Heat exhaustion
- ❖ Headaches
- ❖ Nausea and/or vomiting
- ❖ Fainting
- ❖ Blurred vision
- ❖ Confusion
- ❖ Urine output decreases & becomes concentrated and appears dark
- ❖ Sunken eyes
- ❖ Wrinkled or saggy skin – elasticity decreases
- ❖ Extreme dryness in the mouth
- ❖ Fever or temperature over 102 degrees
- ❖ Severe pain or blistering of skin



**IF DEHYDRATION IS SUSPECTED, REHYDRATION IS THE KEY TO PREVENTING FURTHER COMPLICATIONS. REMEMBER TO DRINK LOTS OF FLUIDS!**

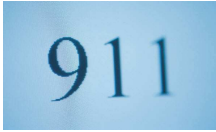
### **WHAT IS SUN STROKE OR HEAT STROKE?**

**Sun/heat stroke is a serious life-threatening condition.** It is the consequence of a series of events:

It begins with dehydration. (Also usually a lack of sweating)

- ❖ As the core body temperature rises, heat exhaustion becomes more serious.

- ❖ **If not rectified quickly, heat stroke is the final shutdown of the body's organs from lack of these vital fluids and nutrients, and can lead to delirium, coma, and death!**



**IF SUN/HEAT STROKE IS SUSPECTED,  
GET EMERGENCY MEDICAL ATTENTION  
IMMEDIATELY!**



### **Risk factors for heat related illnesses**

- ❖ Elderly, chronically ill or incapacitating illness, very young
  - Chronic medical conditions include cardiac (heart) disease, hypertension (high blood pressure), obesity, diabetes, kidney and lung disease
- ❖ Poor physical conditioning
- ❖ High environmental temperature and humidity
- ❖ Poor ventilation or cooling in buildings
- ❖ Poor fluid intake
- ❖ Alcohol use (increases fluid loss)
- ❖ Medications that inhibit perspiration or increase fluid loss, including:
  - Those used to treat movement disorders (antiparkinsonian drugs, including Cogentin)
  - Those used to treat allergies (antihistamines such as Benadryl [diphenhydramine])
  - Diuretics (water pills) such as Lasix (furosimide), bumetanide, hydrochlorothiazide
  - Those used to treat psychiatric conditions including, but not limited to:
    - Clozaril (clozapine)
    - Compazine (prochlorperazine)
    - Elavil, Limbitrol, Triavil (amitriptyline)
    - Haldol (haloperidol)
    - Loxitane (loxapine)
    - Phenergan (promethazine)
    - Seroquel (quetiapine)
    - Wellbutrin (bupropion)
    - Zyprexa (olanzapine)

## **"KEEP COOL THIS SUMMER"**

### **Help avoid heat related illnesses**

- ❖ Maintain hydration with cool water and sports drinks; provide extra fluids at meal times
- ❖ Drink at least 8 glasses of water a day, more in hot weather
- ❖ Avoid caffeinated beverages and alcohol (both increase fluid loss)
- ❖ When outdoors, seek open, shaded areas, avoid crowds
- ❖ Use fans and air conditioning indoors
- ❖ Open windows at night when air is cooler outside to allow cross ventilation if no air conditioning
- ❖ During heat of the day, keep blinds drawn and windows shut, and move to cooler rooms
- ❖ If no air conditioning at home, go to a shopping mall or public library
- ❖ Take frequent breaks when outside in hot sun or from physical activity
- ❖ Wear light-colored loose-fitting clothing (dark colors absorb heat, loose clothing helps the body to cool); wear a hat and sun glasses
- ❖ Eat regular light meals to ensure you have adequate salt and fluids
- ❖ Take a cool shower or bath
- ❖ Be aware of individuals with risk factors for heat related illness; observe them at regular intervals.

**For questions or comments regarding the above Alert, please contact the MUI/Registry Unit at (614) 995-3810.**

**REISSUED: May 2011**