Heat Exhaustion
(from webmd.com)

Heat exhaustion is an illness that can occur after you've been exposed to high temperatures for several days and have become dehydrated. Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

There are two types of heat exhaustion:
- Water depletion - Signs include excessive thirst, weakness, headache and loss of consciousness.
- Salt depletion - Signs include nausea and vomiting, frequent muscle cramps and dizziness.

Symptoms of Heat Exhaustion
The most common signs and symptoms of heat exhaustion include:
- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea
- Pale skin
- Profuse sweating
- Rapid heartbeat

Treatment for Heat Exhaustion
- Immediately get out of the heat and rest, preferably in an air-conditioned room.
- If you can't get inside, try to find the nearest cool and shady place.
- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

Risk Factors for Heat Exhaustion
Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important - especially during heat waves - to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.

Other risk factors associated with heat-related illness include:
- Age - Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.
- Certain health conditions - These include heart, lung or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn and any conditions that cause fever. People with diabetes are at increased risk of emergency room visits, hospitalization and death from heat-related illness and may be especially likely to underestimate their risk during heat waves.
- Medications - These include diuretics, sedatives, tranquilizers, stimulants, some heart and blood pressure medications and medications for psychiatric conditions. Check with your doctor to see if your health conditions and medications are likely to affect your ability to cope with extreme heat and humidity.

Preventing Heat Exhaustion
When the heat index is high, it's best to stay inside in air conditioning. If you must go outdoors, you can prevent heat exhaustion by taking these steps:
- Wear lightweight, light-colored, loose-fitting clothing and a wide-brimmed hat.
- Use a sunscreen with an SPF of 30 or more.
- Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Because heat-related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity.
- Take additional precautions when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid two hours before exercise, and consider adding another eight ounces of water or sports drink right before exercise. During exercise, you should consume another eight ounces of water every 20 minutes even if you don't feel thirsty.
- Avoid fluids containing either caffeine or alcohol, because both substances can make you lose more fluids and worsen heat exhaustion. If you have epilepsy or heart, kidney or liver disease; are on fluid-restricted diets; or have a problem with fluid retention, check with your doctor before increasing liquid intake.

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-added 2 lines to the Risk Factors section
-added 1 line to the Treatment for Heat Exhaustion section
-added 1 line to the Preventing Heat Exhaustion section
Food Safety
(adapted from Foodsafety.gov)

Each year, millions of people in the United States get sick from contaminated food. Symptoms of food poisoning include upset stomach, abdominal cramps, diarrhea, fever and dehydration. Symptoms may range from mild to severe. Causes of food poisoning include:

Bacteria and Viruses – These are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food. The bacteria and viruses that cause the most illnesses, hospitalizations and deaths are: Salmonella, Norovirus, Campylobacter, E. coli, Listeria and Clostridium perfringens.

Parasites – Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common foodborne parasites are protozoa, roundworms and tapeworms.

Mold, Toxins, and Contaminants – Some cases of food poisoning can be linked to either natural toxins (such as those in some mushrooms and pufferfish) or chemical toxins (such as pesticides or melamine). While some molds are desirable in foods, other molds can produce toxins that cause illness.

Allergens – Food allergy is an abnormal response to a food triggered by your body’s immune system. Some foods, such as nuts, milk, eggs or seafood, can cause allergic reactions in people with food allergies.

Who’s at Risk

Everyone, but certain groups of people are more susceptible to foodborne illness. This means that they are more likely to get sick from contaminated food and, if they do get sick, the effects are much more serious. Some of these groups include pregnant women, older adults and persons with chronic illnesses.

Keeping Food Safe

Follow four simple steps to help keep your family safe from food poisoning at home.

Clean

Wash hands and surfaces often. Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils and cutting boards. Unless you wash your hands, utensils and surfaces the right way, you could spread bacteria to your food and your family.

Chill – Refrigerate promptly

Refrigerate perishable foods within two hours. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. (And if the temperature is 90°F or higher during the summer, cut that time down to one hour!)

Use a food thermometer. Cooked food is safe only after it’s been heated to a high enough temperature to kill harmful bacteria. Color and texture alone won’t tell you whether your food is done. Instead, use a food thermometer to be sure.

Keep food hot after cooking (at 140˚F or above). The possibility of bacterial growth actually increases as food cools after cooking because the drop in temperature allows bacteria to thrive. But you can keep your food above the safe temperature of 140°F by using a heat source like a chafing dish, warming tray or slow cooker.

Microwave food thoroughly (to 165˚F). To make sure harmful bacteria have been killed in your foods, it’s important to microwave them to 165˚ or higher.

Never thaw or marinate foods on the counter. Since bacteria can multiply rapidly at room temperature, thawing or marinating foods on the counter is one of the riskiest things you can do when preparing food for your family.

Know when to throw food out. You can’t tell just by looking or smelling whether harmful bacteria has started growing in your leftovers or refrigerated foods. See the chart below or view it at http://www.foodsafety.gov/keep/charts/storagetimes.

Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

For storage times for eggs and foods made with eggs, see Egg Storage Chart.

<table>
<thead>
<tr>
<th>Category</th>
<th>Food</th>
<th>Refrigerator (40˚F or below)</th>
<th>Freezer (0˚F or below)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salads</td>
<td>Egg, chicken, ham, tuna &amp; macaroni salads</td>
<td>3 to 5 days</td>
<td>Does not freeze well</td>
</tr>
<tr>
<td>Hot dogs</td>
<td>opened package</td>
<td>1 week</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td></td>
<td>unopened package</td>
<td>2 weeks</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Luncheon meat</td>
<td>open package or del. sliced</td>
<td>3 to 5 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td></td>
<td>unopened package</td>
<td>2 weeks</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Bacon &amp; sausage</td>
<td>Bacon</td>
<td>7 days</td>
<td>1 month</td>
</tr>
<tr>
<td></td>
<td>Sausage, raw – from chicken, turkey, pork, beef</td>
<td>1 to 2 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Hamburger &amp; Other Ground Meats</td>
<td>Hamburger, ground beef, veal, pork, lamb, &amp; mixtures of them</td>
<td>1 to 2 days</td>
<td>3 to 4 months</td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb &amp; Pork</td>
<td>Steaks</td>
<td>3 to 5 days</td>
<td>6 to 12 months</td>
</tr>
<tr>
<td></td>
<td>Chops</td>
<td>3 to 5 days</td>
<td>4 to 6 months</td>
</tr>
<tr>
<td></td>
<td>Roasts</td>
<td>3 to 5 days</td>
<td>4 to 12 months</td>
</tr>
<tr>
<td>Fresh Poultry</td>
<td>Chicken or turkey, whole</td>
<td>1 to 2 days</td>
<td>1 year</td>
</tr>
<tr>
<td></td>
<td>Chicken or turkey, pieces</td>
<td>1 to 2 days</td>
<td>9 months</td>
</tr>
<tr>
<td>Soups &amp; Stews</td>
<td>Vegetable or meat added</td>
<td>3 to 4 days</td>
<td>2 to 3 months</td>
</tr>
<tr>
<td>Leftovers</td>
<td>Cooked meat or poultry</td>
<td>3 to 4 days</td>
<td>2 to 6 months</td>
</tr>
<tr>
<td></td>
<td>Chicken nuggets or patties</td>
<td>3 to 4 days</td>
<td>1 to 3 months</td>
</tr>
<tr>
<td></td>
<td>Pizza</td>
<td>3 to 4 days</td>
<td>1 to 2 months</td>
</tr>
</tbody>
</table>