

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER – July 2014



Heat Related Illness

The body normally cools itself by sweating. Under some conditions, sweating isn't enough. Then, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. With high humidity, sweat will not evaporate as quickly, preventing the body from releasing heat. Other conditions that limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

Heat stroke is the most serious heat-related illness. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Heat exhaustion is a milder form of heat-related illness that can develop after exposure to high temperatures and inadequate replacement of fluids over time. Those most prone to heat exhaustion are elderly, have high blood pressure, and working or exercising in a hot environment.

The warning signs of heat exhaustion include the following:

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

The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. See medical attention if symptoms worsen or last longer than one hour.

If you see signs of heat exhaustion:

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing.

Warning signs of heat stroke may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim.

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose. Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

<http://www.bt.cdc.gov/disasters/extremeheat/faq.asp>

New Legislation Passed in Minnesota on E-Cigarettes

Electronic cigarettes (e-cigarettes), electronic nicotine delivery systems, are battery-powered devices that allow users to inhale vaporized liquid (e-juice), which may contain nicotine and other potentially harmful chemicals. E-cigarettes come in disposable and reusable varieties. Some resemble conventional cigarettes or common household items, such as pens or USB memory sticks. E-cigarettes and e-juice are sold in a range of dessert and fruit flavors, and many allow users to refill e-juice with store-bought or homemade versions.

E-cigarettes were not covered under the current tobacco laws, which cover health/safety concerns and use by youth. The MN legislature has just addressed this.

Here is one part of the new language passed: “The sale of any liquid, whether or not such liquid contains nicotine, that is intended for human consumption and used in an electronic delivery device, not contained in packaging that is child-resistant, is prohibited. All licensed tobacco retailers must ensure that any liquid intended for human consumption and used in an electronic delivery device is sold in child-resistant packaging. Anyone failing to comply will be subject to administrative penalties.” (Beginning Jan. 1, 2015)

Tweets from our Teens

One of the students on our wellness coalition submitted the following regarding a recent activity:

“So a few months ago a few of us younger kids from counties all around got to make a commercial about” being “tobacco free...”. It is a short and sweet commercial but it was fun to make and really let us express how we want a healthier community. We all kind of came together because we all wanted the same thing, and it showed us each that we aren’t the only young ones that want” to be “tobacco free”... The commercial will be on all over up here in the Northwest. It should be out really soon! I hope you enjoy it! S.S.



Parenting Tips

Hot Cars: Where’s Baby? Look Before you Lock
Vehicles heat up quickly. The National Highway Traffic Safety Administration (NHTSA) recognizes the safety threat heatstroke poses for leaving children in hot cars.

Heatstroke is the leading cause of non-crash-related fatalities for children 14 and younger.

*From 1998-2013, 606 children died due to heatstroke, representing 61% of total non-crash fatalities in this age group.

Of the 606 deaths:

- 52% were forgotten in vehicle
- 29% gained access by themselves and became trapped
- 18% were left intentionally
- 1% were unknown cases

* Children are at a higher risk than adults of dying from heatstroke in a hot vehicle especially when they are too young to communicate.

* A child’s temperature heats up to 3-5 times faster than an adult.

* In 10 minutes a car can heat up another 20 degrees. Rolling down windows does little to keep it cool.

Safety Tips for Checking for a Child Left Behind

1. Put your purse/briefcase in the back with your child
2. Put your lunch in back with your child
3. Have your daycare provider call if your child doesn’t show up.
4. Place a sticky note in your car.
5. Place a stuffed animal in the passenger seat to indicate a child in the back
6. Never leave your child unattended in a car



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