

SUNBURN/HEAT STROKE/FATIGUE

Awareness:

Care should be taken at all times to ensure that the skin is not overexposed to the sun. Sunburn can still occur even on a cloudy day because it is not the visible light from the sun that causes skin damage, but the UV rays.

Action:

- Remove from heat
- Lie flat in a cool, shaded place
- Cool the affected area with cool water (use a towel or clothing)
- Replace fluids by giving small amounts- cool water is best
- Provide simple pain relief.

Aftercare:

Seek medical aid if:

- There is severe blistering
- Infants are involved

Heat stroke is a severe life threatening form of heat illness

Action;

- With heat stroke there is an absence of sweating, and skin will be hot and dry
- High temperature (40 degrees)
- Person may collapse and become unconscious
- Weak and irregular pulse

Action:

- Seek medical help urgently
- Cool the person by using a wet cloth/towel or by fanning

AVOID BEING IN THE SUN DURING THE TIMES WHEN THE UV RAYS ARE THE STRONGEST; THIS IS NORMALLY BETWEEN 10 AM AND 3 PM. WEAR PROTECTIVE CLOTHING AND USE SUNSCREEN