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## Safety tips offered on preventing heat stress and strokes

With the seasonal high temperatures, anyone can become overheated on or off the beach. Heat stress or stroke is a life-threatening situation and help is needed fast.

Scott Montgomery,  manager of Lifeguard Operations, offers these safety tips to help prevent heat stress or strokes:

- Slow down and avoid strenuous activity.
- Stay indoors as much as possible and out of the sun.
- Drink plenty of water often.
- Avoid alcohol and caffeine because they can intensify the heats effect on your body.
- Eat small meals and eat more often.
- Wear lightweight, light-colored clothing.
- Never leave children or pets in the car, even with the windows down.

Signs of heat stress or stroke include nausea, vomiting, fatigue, weakness, headaches and dizziness. If you suspect someone has heat stress or stroke:

- Call  911; if on the beach, inform a lifeguard.
- Move the person to a cooler place or under a beach umbrella to provide shade.
- Quickly cool the body by immersing victim in a cool bath, or wrapping wet sheets around the body and fan it. If there is cramping , lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes.
- Watch for signals of breathing problems.
- If the victim refuses water, or is vomiting or has changes in the level of consciousness, do not give the person anything to eat or drink.

For more information, contact the Sarasota Call Center at 941-861-5000 or visit the Sarasota County website, www.scgov.net, keyword All Hazards.

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