

City of Willcox Newsletter
JUNE 2015

Dehydration and Heat Illness Prevention Tips

Jeff Stoddard, Safety Officer

What is dehydration?

Dehydration is the excessive loss of fluids from the body. It happens when the total amount of fluids lost through sweating, urination, diarrhea, and/or vomiting is greater than the fluids taken in. Anyone, regardless of age, can easily become dehydrated while playing a sport or participating in any type of physical activity. Dehydration can make any person more susceptible to a heat-related illness, such as heat cramps, heat exhaustion, or heat stroke. A dehydrated person needs fluid replacement immediately.

Signs of *dehydration* may include:

- Thirst
- Dry or sticky mouth
- Headache
- Muscle cramping
- Irritability
- Extreme fatigue
- Weakness
- Dizziness
- Decreased performance

Signs of *heat exhaustion* may include:

- Nausea
- Feeling faint or dizzy
- Heavy sweating
- Rapid, weak heartbeat
- Dark-colored urine
- Cool, moist, pale skin
- Cramps
- Headache
- Fatigue

BRIEF COMPARISON OF HEAT STROKE AND HEAT EXHAUSTION

Heat Stroke

Most severe, life-threatening, a medical emergency (call 911 immediately)

- Dry, flushed hot skin
- Very high body temperature
- No sweating
- Life-threatening

Heat Exhaustion

Serious, requires prompt attention

- Moist, pale, cool skin

- May have elevated temperature
- Heavy sweating
- May become life-threatening (call 911 immediately)

How to prevent dehydration in children:

- Drink 12 ounces of fluid (such as water) 30 minutes *before* the activity begins.
- Children under 90 pounds should drink 5 ounces every 20 minutes *during* the activity. Children over 90 pounds should drink 9 ounces every 20 minutes *during* the activity.
- Have mandatory fluid breaks - don't wait for the person to tell you he/she is thirsty.
- Everybody should drink fluids *after* physical activity to make up for fluid loss.

What to do when dehydration and/or heat illness occurs:

Treatment of dehydration and heat illness should take place immediately. Depending on the severity of the situation, immediate medical attention may be needed. If heat stroke is suspected, or there is any concern for someone experiencing any heat-related illness (for example a person with heat exhaustion who is not quickly improving), call 911 right away while making every effort to cool the patient.

- Move the person to a cool place.
- Have the person drink cool water or a sports drink, such as Gatorade (should drink only if alert, awake, and not having any vomiting).
- Raise the persons legs 8-12 inches.
- Cool the body with water. For example, sponge the persons head, face and trunk with cool, wet cloths.
- Fan the person.
- Keep the person from physical activity until cleared by the doctor.

4TH OF JULY FIREWORKS – DONATIONS NEEDED

Glenn Childers, Director of Public Safety

The Willcox Fire Department will be presenting the annual 4th of July fireworks show at the Willcox High School football field. The cost to purchase the fireworks has continually increased every year. Donations from the community are essential to ensure this traditional event for the citizens of Willcox and our surrounding community is continued. Please send donations to:

Willcox Fire Department
 320 W. Rex Allen Drive
 Willcox, Arizona 85643

If there are any questions, please contact Patricia Ackerson-Rodriguez at (520) 384-4673.

From the Office of the City Clerk...

Virginia A. Mefford

City Council Meeting

Thursday
July 16, 2015

6:30 p.m.

City Council Chambers
300 W. Rex Allen Drive

Reminder: Except for Emergency Services, All City Offices will be CLOSED on Friday and Saturday, July 3rd and 4th, 2015 for the Independence Day Holiday.