Hot weather guidelines:

A. During hot weather months special attention shall be given to the temperature index, which is a combination of air temperature and relative humidity. Activities outside should not be routinely scheduled when the temperature index exceeds 85 degrees throughout the day. See attached chart. When an individual must be outside, staff should assure the individual is appropriately dressed in light weight loose clothing and sunscreen is applied and reapplied when necessary. The individual should be offered opportunities to drink water at regular intervals throughout the time they are outside to assure adequate hydration.

B. Staff should be aware of signs of heat related illnesses and seek immediate medical assistance should this occur.

Types of Heat related Illnesses

1. Heat cramps
   - Symptoms: Muscle cramps (usually in the legs), sweating
   - Caused by not taking enough oral fluids to replace fluids and body salts lost from sweating during physical activity
   - Not life threatening, can progress top heat exhaustion
   - Treat with non-caffeinated fluids (water or sports drinks are best), rest, cool environment
2. Heat exhaustion
   - Symptoms: Nausea, extreme weakness, vomiting, lightheadedness, fainting, skin cool and clammy (profuse sweating) and pale or red, rapid heart rate, low blood pressure
   - Caused by not enough fluids during physical activity, high environment temperature, body temperature raises > 102 degrees F
   - Serious illness, can be life threatening
   - Treat with removal to cool environment, offer non-caffeinated fluids (water or sports drink), cool body with wet towels and fanning, lying down with feet elevated, and seek medical attention.
3. Heat stroke
   - Symptoms: Red hot flushed dry skin (usually lack of sweating, although young persons may show wet skin), high body temperature (usually > 105-106 degrees F), headache, rapid pulse, disorientation/confusion or strange behavior, hallucinations, seizures, unconsciousness.
   - Caused by failure of the heat regulating systems of the body when environment is hot and humidity high; individual may be dehydrated; may or may not be related to physical activity
   - Life threatening
   - Seek emergency medical treatment from emergency medical services or the closest emergency department immediately; remove individual to cool environment, position individual lying down with feet

elevated and cool body with wet towels, cold packs, and fanning, offer cool water to drink if alert enough to drink.

4. Risk factors for heat related illnesses
   - Elderly, chronically ill or incapacitating illness
   - Poor physical conditioning
   - High environmental temperature and humidity (See heat index chart)
   - Poor ventilation or cooling in building
   - Poor fluid intake
   - Medications that inhibit perspiration or increase fluid loss, including
     - ✓ Those used to treat psychiatric conditions (neuroleptics)
     - ✓ Those used to treat movement disorders (antiparkinsonians drugs)
     - ✓ Those used to treat allergies
     - ✓ Diuretics (water pills)
5. Prevention of heat related illnesses
   - Maintain hydration with water and sports drinks; provide extra fluids at meal times- at least 8 glasses of water a day, more in hot weather. Avoid caffeinated beverages and alcohol.
   - Maintain ventilation of environment, including buildings and apartments, and keep it as cool as possible.
     - ✓ Open shaded area outdoors,
     - ✓ Use fans and air conditioning indoors,
     - ✓ Open windows to allow cross ventilation if no air conditioning
     - ✓ Avoid crowds

   - Take frequent breaks when outside in hot sun or from physical activity. Schedule activities for cool environments or during the cooler part of the day. Know the limits of activity tolerance.
   - Wear light colored loose fitting clothing (dark colors absorb heat, loose clothes help the body to cool)
   - Eat light meals
   - Be aware of individuals with risk factors for heat related illnesses; observe them at regular intervals.

Heat Index Chart

% Relative Humidity

Temperature	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
110	108	112	117	123	130											
105	102	105	108	113	117	122	130									
100	97	98	102	104	107	110	115	120	126	132						
95	91	93	95	96	98	100	104	106	109	113	119	124	130			
90	86	87	88	90	91	92	95	97	98	100	103	106	110	114	117	121
85	81	82	83	84	85	86	87	88	89	90	92	94	96	97	100	102
80	76	77	78	78	79	79	80	81	82	83	84	85	86	87	88	89

Legend

80-89 degrees	Fatigue is possible with prolonged exposure and/or physical activity.
90-104 degrees	Sunstroke, heat cramps and heat exhaustion are possible with prolonged exposure and/or physical activity.
105-129 degrees	Sunstroke, heat cramps and heat exhaustion are likely. Heat stroke is possible with prolonged exposure and/or physical activity.
130+ degrees	Heatstroke/sunstroke is highly likely with continued exposure.

Above is a heat index (or apparent temperature) chart showing various combinations of air temperature versus relative humidity.

To use the chart, locate the **air temperature** along the left column and the **relative humidity** along the top. The cell where the two intersect is the **heat index**.

Common psychotropic medications which can impair your response to heat

Trade Name	**Generic Name**
Abilify	aripiprazole
Asendin	amoxapine
Artane	trihexyphenidyl
Aventil, Pamelor	nortriptyline
Clozaril	clozapine
Cogentin	benztropine
Compazine	prochlorperazine
Cymbalta	
Desyrel	trazodone
Effexor	venlafaxine
Elavil, Limbitrol, Triavil	amitriptyline
Eskalith, Lithobid, Lithonate	lithium
Geodon	ziprasidone
Haldol	haloperidol
Loxitane	loxapine

Ludiomil	maprotiline
Luvox	fluvoxamine
Mellaril	thioridazine
Moban	molindone
Navane	thiothixene
Norpramin	desipramine
Pamelar	nortryptyline
Paxil	paroxetine
Phenergan	promethazine
Prolixin	fluphenazine
Prozac	fluoxetine
Risperdal	risperidone
Serentil	mesoridazine
Seroquel	quetiapine
Sinequan	doxepin
Strattera	atomoxetine hydrochloride
Stelazine	trifluoperazine
Symmetrol	amantodine
Thorazine	chlorpromazine
Tofranil	imipramine
Trilafon	perphenazine
Wellbutrin/ Moban	buproprion
Zoloft	Sertraline hydrochkoride
Zyloprim	Allepurinol
Zyprexa	olanzapine

Note: This is not an all inclusive list.
Be sure to check with your doctor or Pharmacist about your medications.