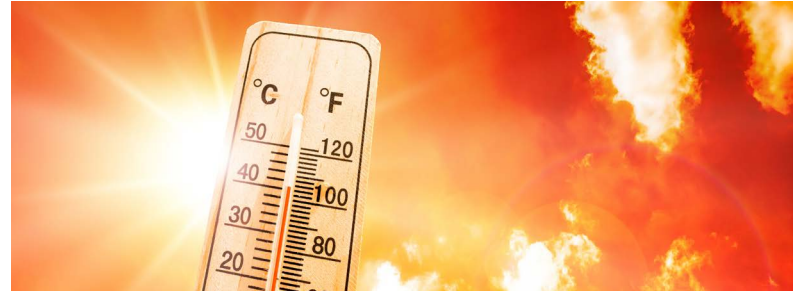




ChallengeME MONTHLY MINUTE

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Monthly topic: **Sun & Heat Exposure**



Heat Exhaustion

At the first sign of heat exhaustion, it is important to take the following steps to help get your temperature down and cool your body:

- Move to an air-conditioned place
- Take a cold shower or using cold compresses
- Drink plenty of fluids
- Remove tight or extra clothing layers

Heat stroke

Heat stroke requires immediate medical attention.

- Call 911 immediately
- Move the person to a cooler place
- Use cold compresses to get their temperature down
- Do not give them fluids

What Are Electrolytes, and When Should You Take Them?

Electrolytes are minerals found in your blood that help regulate and control the balance of fluids in the body. These minerals regulate blood pressure and muscle contraction and keep your system functioning properly.

Regular water will do if you're working out for an hour or less. If you are exercising upwards of 75 minutes or more (or if it's very hot out), then an electrolyte drink is a good idea during or after your work out.

Read the label as electrolyte drinks have 14g of sugar, 100mg sodium and 30mg potassium

Heat Exhaustion VS. Heat Stroke: Symptoms

Heat Exhaustion	Heat Stroke
Headache	Headache
Dizzy or Fainting	Confusion or delirium
Cold, pale and clammy skin	May lose consciousness
Nausea or vomiting	No sweating/dry skin
Fast, weak pulse	Hot, red skin
Weakness or muscle cramps	Nausea or vomiting
Excessive thirst	Rapid heart rate
	Body temperature above 104 Degree F

Visit the ChallengeME website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | **Online:** guidanceresources.com

WellStarME: wellstar@mcd.org | 207-620-9202

Health & Wellness Navigation Team

wellnessnavigator@mcd.org | 207-620-9209

For benefits questions, please contact Employee Health & Wellness:

(207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit maine.gov/mdot/challengeme

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Coming up July: Hydration

Comments, questions, ideas, or submissions?
Please email Janice.Arsenault@maine.gov