HOW HOT IS HOT?

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During a hot weather, we are producing high amount of sweat that brings us a cool sensation due to the evaporation of water in the outer layer of our skin. It also prevents our body from having a high temperature. Thus, perspiration means the loss of fluids and salts in our body.

However, when an extreme sweating occurs in a long period, these fluids and salts which are normally returned by correct intake of liquids and food will not be replaced quickly to meet our bodies' needs. Because of this, the blood circulation in our body will be reduced and will have an effect in our heart, brain, and lungs. With this, the heat exhaustion starts.

Heat exhaustion can come with a too much production of sweat from an individual with a pale skin. The victim’s pupils will also be dilated, have a cramp, high body temperature, dizziness, experience weakness, nausea, vomiting, and a headache. In some cases, the individual with a heat exhaustion may also lose his or her consciousness.

To address the individual with heat exhaustion, he should be first removed from the place that caused the situation and transfer him into a place that is cool enough to give the temperature his body needs. An air conditioned place will be a great place for the victim. Then, the victim’s legs should be raised up to help his blood from circulating to the brain. After this, the first aid giver should undo the clothing of the victim and apply a cold compresses (ice packs) to cool the body.

Since this happens due to excessive loss of water in the victim’s body, the person should be given water with a little amount of salt or electrolyte beverages. This should e done while the victim is conscious.
Cooling the individual with a heat exhaustion will really help him or her but the quick cooling of the body may result to shock and a decrease of circulation of blood to body tissues leading to a probable fainting, paleness, fast but weak pulse, and cold but damp skin. In some and serious instances, heat exhaustion may also lead to death. Because of this, a medical attention should be given to the victim after a rest.

Perspiration is typical to all of us but ignoring this typical thing turn to a horrible experience like heat exhaustion. So, to prevent this, we must watch even the smallest thing that has something to do in our bodies.

References:

Jennifer Huizen (Tue 5 December 2017) What should you know about hyperthermia? https://www.medicalnewstoday.com/articles/320226.php