



# Town of Sudbury

## Board of Health

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Sudbury Health Department  
275 Old Lancaster Road  
Sudbury, MA 01776  
978-440-5479  
Health@sudbury.ma.us

Over the next week there is expected to be a heat wave in Massachusetts. As the summer season gets underway and outdoor events become more prevalent, it is important to prepare yourself for the potential for heat related illness. Prevention is the best way to beat the heat and knowing the signs of heat-related illness can save lives.

### **Recognize the signs:**

**Heat cramps:** lots of sweating, muscle cramps → *drink water/sports drinks, stop exertion/physical activity, seek medical attention if symptoms worsen or cramps don't subside after 1 hour*

**Heat Exhaustion:** fatigue/weakness, fast/weak pulse, cold/pale/clammy skin, nausea/vomiting, headache/dizziness, irritability → *drink water/fluids, move to a cool place and lie down, loosen clothing, apply wet towels and seek medical attention if symptoms worsen or last over 1 hour*

**Heat stroke:** body temperature above 103 degrees F, throbbing headache, seizures, altered mental status, unconsciousness → *call 911 immediately as this is a medical emergency, apply cool wet towels, remove outer clothing, turn on side if vomiting, remove anything that may cause injury if seizing*

**Hot weather can be dangerous and even life-threatening.** Anyone can be affected, but older adults, young children, pregnant people, outdoor workers, and people with chronic health conditions are at greater risk (those with high blood pressure, asthma, diabetes, etc.) Attending outdoor events, participating in outdoor activities, or spending time in direct sun or crowded outdoor spaces can pose risks.

Encourage people to:

- drink water
- limit alcohol
- avoid heavy activity in the heat
- take breaks in the shade or air conditioning
- keep food cold and throw it out if it was left in the heat for too long
- check on people at higher risk and share the resources below to help communities stay safe.
- Encourage people working outdoors as part of the event to:
  - Drink cool water every 15-20 minutes (5-7 ounces).
  - Wear a hat, light-colored, loose-fitting, and breathable clothing and for SPF use 30 or higher sunscreen.
  - Take rest breaks in a cool, shaded area.

For more information on how to recognize and prevent heat-related illness, follow the link:  
<https://www.mass.gov/info-details/prevent-and-treat-heat-related-illness>