

Sun / Heat Safety with Medication Use –

NEVER stop taking a medication without discussing it with your provider first – check with your pharmacist to see if any of your medications can cause reactions with the sun and high heat.

Medications can affect your body in different ways. The end result is a greater risk for heat illnesses caused by....

1. Medications that decrease blood flow to the skin.
2. Medications that increase heat production and decrease blood flow to the skin.
3. Medications that decrease sweating.
4. Medications that cause dehydration.
5. Medications that cloud judgment and may prevent you from responding appropriately.
6. Medications that increase sun sensitivity.

These medication effects make it harder for your body to cool itself when out in the heat, harder for your body to stay hydrated in the heat, and harder to protect your skin from sunburn when out in the sun.

Medications that decrease blood flow to the skin, increase heat production, decrease sweating, and cause dehydration

- Anti-psychotic medications
- Stimulants
- Decongestants
- Beta Blockers
- Anti-depressants
- Diuretics (water pills)
- Cold and Allergy medications
- Laxatives

Medications that can cloud judgment and delay decision making

- Sedatives
- Opioids / Narcotics
- Alcohol

Medications that increase sun sensitivity

- Antibiotics
- Antidepressants
- Anti-acne medications
- Estrogens / Oral contraceptives
- Diuretics (water pills)

Stay Safe in the Summer Heat and Sun

***Kewaunee County Health
Department***

***Summer Safety
with
Medication Use***

Kewaunee County Health Department

810 Lincoln Street

Kewaunee, WI

Phone: 920-388-7160

Fax: 920-388-2122



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Staying Cool in the Heat

- Keep your body temperature cool to avoid heat-related illness
 - Stay in air conditioned buildings as much as possible
 - Find and visit a local cooling shelter
 - Do not rely on a fan as your primary cooling device
 - Avoid direct sunlight
 - Wear light-colored, light-weight clothing
 - Wear a wide-brimmed hat and sunglasses
 - Take cool showers or baths
 - Schedule outdoor activities and work around the hottest part of the day
 - Limit the use of stove and oven on hot days
 - Keep windows shut and curtains closed during the day and open them at night when it is cooler

Stay Informed and Aware

- Stay updated on local weather forecasts so you can plan activities safely when it is hot outside
 - Check local news for extreme heat alerts
 - Know the symptoms of heat illness
 - Stay in contact with your support system

Heat Exhaustion

- If you see any of these symptoms:
 - Heavy sweating
 - Paleness
 - Muscle cramps
 - Weakness
 - Dizziness / Fainting
 - Headache
 - Nausea / Vomiting
- Cool the person down:
 - Get out of the sun and heat
 - Drink cool water or sports drinks

Heat Stroke

- **If you see any of these signs or symptoms:**
 - An extremely high body temperature greater than 103 degrees
 - Red, hot, dry skin
 - Rapid, strong pulse
 - Throbbing headache
 - Dizziness
 - Nausea
 - Confusion
 - Unconsciousness
- **Call 911:**
 - Get the victim into the shade
 - Give them something to drink
 - Loosen or remove some clothing
 - Cool them with a cool shower, bath, damp cloth, or mist
 - Fan them