



Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

August 2022

BEAT THE HEAT

WATER • REST • SHADE

How to Stay Cool and Safe in Hot Weather

Stay cool, stay hydrated, and stay informed:

- The main things affecting your body's ability to cool itself during extremely hot weather are high humidity, which keeps sweat from evaporating quickly and keeps the body from releasing heat as fast as it needs to, and personal factors such as age, weight, fever, dehydration, heart disease, poor circulation, sunburn, and prescription drug and alcohol use.
- Those who are at highest risk of heat related illness include people 65 and older, children under two, and people with chronic diseases.
- You can take the following protective actions to prevent heat-related illness or death:
 - Stay in air conditioned buildings as much as you can. If your home is not air conditioned spend time in public facilities that are air conditioned, and use air conditioning in vehicles. Do not rely on a fan as your main cooling device.
 - Drink more water than usual, and do not wait until you are thirsty to drink. Muscle cramping may be an early sign of heat-related illness.
 - Check on a friend or neighbor and have someone do the same for you.
 - Limit use of the oven and stove - it will make you and your house hotter.
 - Limit outdoor activity, especially midday when the sun is hottest.
 - Pace your activity. Start activities slowly and pick up the pace gradually.
 - Schedule workouts earlier or later in the day when the temperature is cooler.
 - Wear loose, lightweight, light-colored clothing and sunscreen.
 - Take cool showers or baths to cool down.
 - Never leave children or pets in cars.
 - Seek medical care right away if there are symptoms of heat-related illness.



PEQUOT PHARMACEUTICAL NETWORK

PEQUOT PLUS

Health Benefit Services

PRxN®

Customer Service
1-800-342-5779

PRxN® PBM

Customer Service
1-888-779-6638

Doctors' Line
1-888-779-6362

Doctors' FAX Line
1-800-779-6329

Website

www.prxn.com

E-Mail

pharmacy@mpntn.org

PEQUOT HEALTH CARE

Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot Tribal Nation

| HEAT-RELATED ILLNESSES | | HEAT CRAMPS | |
|--|---|---|--|
| <p>WHAT TO LOOK FOR</p> <ul style="list-style-type: none"> High body temperature (103°F or higher) Hot, red, dry, or damp skin Fast, strong pulse Headache Dizziness Nausea Confusion Losing consciousness (passing out) | <p>WHAT TO DO</p> <ul style="list-style-type: none"> Call 911 right away-heat stroke is a medical emergency Move the person to a cooler place Help lower the person's temperature with cool cloths or a cool bath Do not give the person anything to drink | <ul style="list-style-type: none"> Heavy sweating during intense exercise Muscle pain or spasms | <ul style="list-style-type: none"> Stop physical activity and move to a cool place Drink water or a sports drink Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> Cramps last longer than 1 hour You're on a low-sodium diet You have heart problems |
| <p>HEAT STROKE</p> | | <p>SUNBURN</p> | |
| <p>HEAT EXHAUSTION</p> <ul style="list-style-type: none"> Heavy sweating Cold, pale, and clammy skin Fast, weak pulse Nausea or vomiting Muscle cramps Tiredness or weakness Dizziness Headache Fainting (passing out) <p>Get medical help right away if:</p> <ul style="list-style-type: none"> You are throwing up Your symptoms get worse Your symptoms last longer than 1 hour | | <ul style="list-style-type: none"> Painful, red, and warm skin Blisters on the skin <ul style="list-style-type: none"> Stay out of the sun until your sunburn heals Put cool cloths on sunburned areas or take a cool bath Put moisturizing lotion on sunburned areas Do not break blisters | |
| | | <p>HEAT RASH</p> <ul style="list-style-type: none"> Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) <ul style="list-style-type: none"> Stay in a cool, dry place Keep the rash dry Use powder (like baby powder) to soothe the rash | |

Source:cdc.gov/nceh/features/extremeheat/index.html, <https://www.cdc.gov/disasters/extremeheat/warning.html>

At Pequot Health Care, we are dedicated to maintaining your good health!