Protect Yourself - Drink Water!

Danger under the Sun

outreach workers in Robeson County, N.C.

A special thank you to the farmworkers and
August 2001

North Carolina

Recent victims of heat stroke in

Portorio
and
Carmelo,

Dedicated to:

Heat exhaustion. It is important to learn the early symptoms of heat stroke. Early heat exhaustion can rapidly turn into

If you feel worse, get help.
5. Cool off.
4. Drink a lot of water.
3. Take off or loosen clothing.
2. Get in the shade or under a tree.
1. Stop working.

If you have these symptoms, you should:

Leg cramps or
Stomach cramps

Weakness
General

Sweating
Heavy

Nausea

Thirsty
Very

Headache

Confusion

Heat exhaustion.
Miguel and his wife, Rosa, have not seen each other since last year....

Hey, has anyone seen Miguel? He's been back this year.

Are you sure you don't want some water. I feel fine.

No, it's so hot.

Do you want some water. I don't want to get sick like Miguel.

Yeah, I better drink some water.

I'm going to get out of here. Thanks for looking out for me and my family.

No, what happened?

Oh, you didn't hear what happened to Miguel?

Family this year: stayed at home with his friends anymore. He can't work in the field. He got sick last year.
Heat stroke is a serious medical condition that can be life-threatening. Symptoms may include:

- Heat stroke area
- Lack of sweating
- High body temperature
- Vomiting
- Loss of consciousness
- Hot skin
- Dry and breathing fast
- Confusion

Symptoms of heat stroke are:

- He can die
- You don't get help right away
- The body temperature goes up
- If a worker has these symptoms, you need to help him immediately Send someone to call 9-1-1. Loosen the sick person's clothing and cool him off with wet clothes and by fanning. If he is conscious, give him water Stay with him until help arrives. If the worker is not conscious, give him water and call 9-1-1. Loosen the sick person's clothing and cool him off with wet clothes and by fanning. If he is conscious, give him water.
Miguel was tired and thirsty when we started work. He was wearing dark, heavy clothing. He had been drinking much water and he was sweating more than usual.

He didn't feel well, but he continued working. Later, he complained of headache and nausea. We realized he was suffering from heat stroke.

The symptoms of heat stroke are:
- Dizziness
- Weakness
- Nausea
- Headache
- Cramps
- Stomach ache
- Leg or arm weakness
- Thirst

If you or another farmworker have any of these symptoms, get help immediately. If you don't feel better soon, call 911 and drink lots of water. Remember that being in the shade, cool off, and rest are important to recover.
Miguel, are you okay?

Confused. I really sweated. He seemed like his skin looked hot but he wasn't.

After a while, Miguel looked sick.

We were all working pretty hard that day. We didn't want to drink the water because he said we were all working too hot from working.

His body was too hot.

We didn't realize how sick Miguel was.

I feel guilty because I felt sick with a heat stroke.

Heat stroke. We should look out for each other and learn the symptoms of heat stroke.

As farm workers, we should look out for ourselves.

What else can we do to protect water.

Your body needs more water. Already dehydrated, you are thirsty.

Your body needs more water. You are thirsty. By the time you get thirsty, it is also a good idea to drink water before you.

Pesticides.

You from the sun and clothing to protect loose, light-colored to wear a hat and.
We sent another farmworker to go and tell the farmer to call 911.

Miguel was unconscious and yelling for help. They found him lying on the edge of the field. I went back to work. I had a water break and when I went back to work, I took a look at him. He was okay. So I kept on working. Later, I took a look at Miguel. He said he was sick. He could have done with water. He was dehydrated.

Why it's better to drink water instead of making yourself go to the bathroom a lot. There is some food that can dehydrate you. You can cause your body to lose fluid by making you go to the bathroom a lot. Some sodas can dehydrate you. The coffee and caffeine on the other hand, can dehydrate you.

Alcohol and drinks with heat and sun.

Do not drink alcohol or heat and sun while working in the sun.
Anyone can get sick from heat stroke. The sun and heat cause dangerous heat wave. The sun and heat caused work anymore. Sick that he can’t

The sun and humidity need to be extra careful when we work in are ways we can protect ourselves. We even worse, you can die from it. But there

The ambulance took Miguel to the hospital. Ambulance got there. We pulled off his clothes on his arms. Then we

We put Miguel in the shade. We loosened his clothing raned him until the underarms. Then we forhead, neck, and and took off his books.