



HEAT STRESS & COVID-19


As the environmental temperature increases our bodies acclimatize and adjust to prevent our internal core temperatures from rising as this can cause illness. With the current pandemic situation there are some extra factors to consider:

What should you do when someone has symptoms?

1  **Ensure** the health responder wears appropriate PPE & follows control protocols.



Determine if the person has been exposed to environmental heat/exertion & let them rest in a cool environment for at least 30 mins.

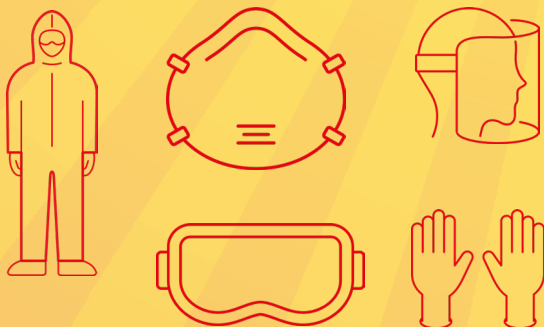
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3  **Check** if temperature remains elevated. If yes, it may be fever-consult medical advice.

If there is a drop temperature (0.5°C or more towards 37°C) & the individual feels better after resting in a cool environment- likely heat-stress related- ensure they are **hydrated**. Still check there are no other indications of COVID 19 infection.

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	 HEAT STRESS	 COVID-19/ FEVER
The symptoms of heat stress and fever due to infection are very similar.		
High temperature	✓✓✓	✓✓✓
Headache	✓✓✓	✓✓✓
Dry cough		✓✓✓
Sore throat		✓✓
Shortness of breath		✓✓✓
Shivering	✓✓✓	✓✓✓
Dizziness	✓✓✓	
Muscular pain	✓✓✓	✓✓
Fatigue	✓✓	✓✓✓
Nausea	✓✓✓	✓✓
Confusion	✓✓✓	✓✓
Diarrhoea	✓✓	✓
Fainting	✓✓✓	
Seizure	✓✓✓	
Vomiting	✓✓✓	
Loss of taste/smell		✓✓
Toe inflammation		✓✓
Excessive sweating	✓✓✓	✓✓✓



HEAT STRESS & PPE

COVID-19 prevention protocols require people to wear PPE. These can inhibit heat from dissipating from the body which increases the body's core temperature. Add in environmental temperature & people will become susceptible to heat stress.

- Provide heat stress awareness and pre-heat season preparation
- Monitor hot weather conditions
- Limit exposure and/or exertion
- Hydration/nutrition