

## ***Medication List***

These medications can decrease your body's response to heat.

### **Common Medications:**

- ALL psychotropic medications except benzodiazepines (anti-anxiety drugs, sedatives)
- Diuretics or water pills (examples: hydrochlorothiazide, furosemide)
- Antiparkinson medications or Anticholinergics (examples: Artane, Cogentin)
- Amphetamines (examples: Dexedrine, Adderall)
- Beta-blockers (examples: propranolol, atenolol, nadolol)

### **Street Drugs:**

- Hallucinogens - LSD, Psilocybin, "shrooms", others
- Cocaine - all forms, including crack
- Stimulants - Amphetamines, Ephedra, "street speed", Methamphetamine
- Anabolic steroids (muscle building drugs)
- Inhalants
- Ecstasy, "Club Drugs," Herbal Ecstasy, MDMA
- PCP, Angel Dust

**These drugs can decrease your awareness of heat-related illness. You may not know you are in danger.**

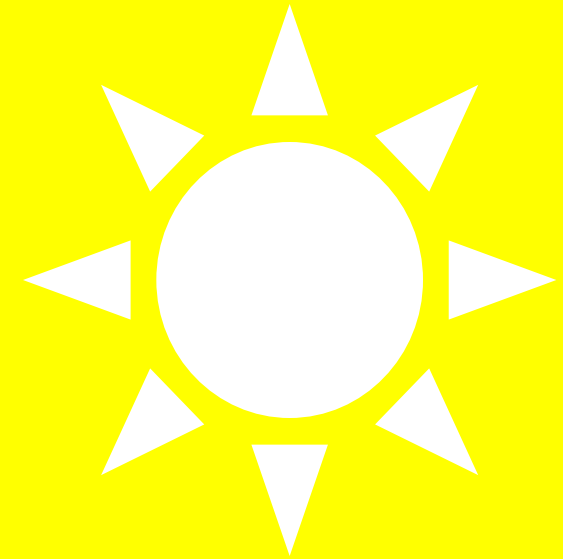
- Alcohol
- Opioids (narcotic pain medications)

***\*Note: This is not an all-inclusive list. Check with your doctor or pharmacist about your medications.***

## ***Preventing Heat-Related Illness***

Prevention is important when there are high temperatures (85° and above) and high humidity. Everyone should do these things:

- Try to stay cool.
  - Stay in air-conditioned areas. Go to a shopping mall or public library if you do not have air-conditioning at home.
  - Move to cooler rooms during the day.
  - Keep windows shut and drapes closed during the day.
  - Open windows in the evening when the air outside is cooler.
- Avoid outdoor activity during the warmest parts of the day.
- Apply sunscreen and lotion.
- Wear loose fitting, light-colored clothing.
- Wear a hat and sunglasses.
- Eat regular meals.
- Drink plenty of fluids (avoid coffee, tea, and alcohol).
- Take a cool shower or bath.
- Lose weight if you are overweight.



## ***Heat-Related Illness in Psychotropic Medication Users***



Ohio Department  
of Mental Health

## ***Medications Affect Body Temperature***

Some medicines can make the body overheat. This is common during hot and humid weather. This is called a heat-related illness. It can cause death if not treated. Some medical conditions make this worse.

Some examples of these medical conditions are:

- Heart Disease
- Respiratory Disease
- Diabetes
- Alcoholism

***Heat exhaustion*** is a mild form of heat-related illness. This can happen in hot, humid weather. This can also happen if you do not drink plenty of fluids.

***Heat stroke*** is the most serious heat-related illness. This happens when the body is not able to control its own temperature. The body's temperature will rise rapidly. The body will not be able to sweat. The body cannot cool down. This can cause death if not treated.



## ***Heat Exhaustion***

This can occur while working, playing, or resting. It may happen without warning. It may not last long. A doctor should be called. Some people may need intravenous fluids so they do not lose consciousness.

### **⚙ Warning Signs of Heat Exhaustion:**

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness, Dizziness, Headache
- Nausea, Vomiting
- Fainting

### **⚙ Treatment:**

If a person displays symptoms of heat exhaustion, he or she should immediately:

- Move to a cooler place
- Drink water or other liquids (avoid coffee, tea, and alcohol)
- Rest for a short time
- Take a cool shower, bath, or sponge bath
- Loosen or remove clothing



## ***Heat Stroke***

This usually occurs when there is a heat wave. People with some medical conditions are at greatest risk. Heat stroke can lead to death if not treated.

### **⚙ Warning Signs of Heat Stroke:**

- Confusion, Unconsciousness, Dizziness, Nausea
- Body temperature over 103°
- Rapid, strong pulse
- Throbbing headache
- Red, hot, and dry skin

### **⚙ Treatment:**

When you see someone with the signs of heat stroke, you should:

- **Call 911 immediately. If you are in a hospital, tell the staff.**
- Loosen or remove victim's clothing
- Move victim to a cooler spot
- Cool the victim using cool water
- Give the victim water to drink only if they can talk
- Call the emergency room for more instructions if no one comes right away.