

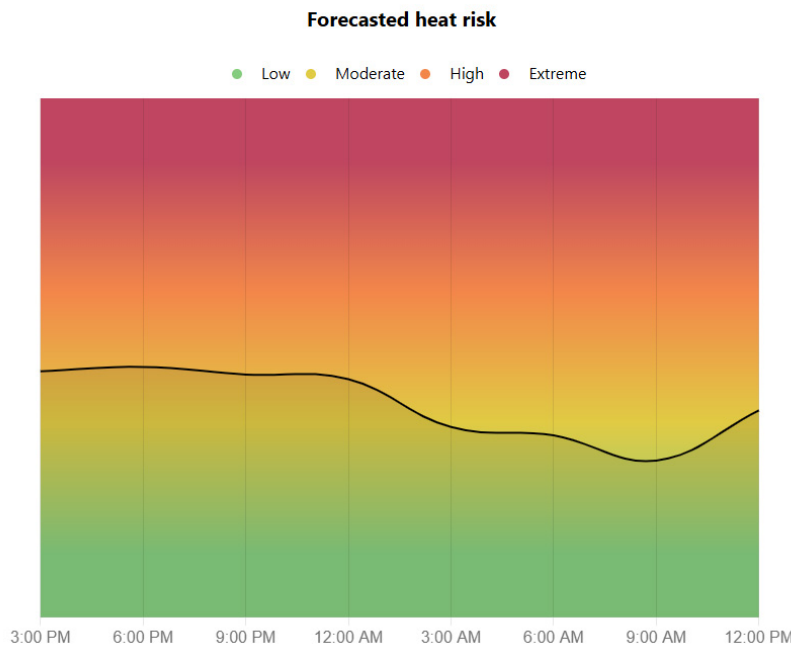
Burn Survivors' Tips for Tackling Heat Stress

Defining the problem:

- When we are in a hot environment or exercising, we stay cool by sweating and increasing blood flow to our skin, allowing for heat exchange between our body and the environment.
- Because of your burn injuries, you will most likely get hotter when in the heat or during exercise.
- This is because grafted skin does not sweat or increase skin blood flow, so your body is less able to cool itself.
- However, it is important that you remain physically active but do so safely.

Providing a solution:

- Heat Risk Calculator:
 - This tool will estimate your unique heat risk during physical activity for the forecasted environmental conditions (see the figure below).
 - The output from this tool is specific to you and your burn injury, because the tool takes into consideration your unique physical characteristics, including burn injury size.
 - **Scan the QR code** in the lower right corner to try it out!



Beat the Heat

- 1. Time it right-** Plan your activities for the cooler parts of the day (early morning or late evening).
- 2. Dress for comfort-** Wear loose, light-colored, and breathable fabrics to maximize airflow. Choose moisture-wicking or UV-protective clothing to stay cool and prevent sunburn.
- 3. Hydrate like a pro-** sip water regularly before, during, and after physical activity. If sweating heavily over a prolonged period, replenish lost electrolytes with sports drinks or electrolyte tablets/powders.
- 4. Cool down smart-** Mist yourself with water, use damp towels, or apply ice packs to the skin to lower body temperature.
- 5. Listen to your body-** Pace yourself, take breaks, and be mindful to warning signs like dizziness, nausea, and fatigue. Stop the activity if you experience any of these signs.
- 6. Visit the Phoenix Society for Burn Survivors** at phoenix-society.org/heat for more resources on staying cool during the summer.

