



**Peligro bajo el sol  
¡ Protégete, toma agua!**

**Danger under the Sun  
Protect Yourself- Drink Water!**

Resource ID # 5910

Danger Under The Sun

## Directions for Reproduction

1. Open Photobook in Adobe Acrobat Reader.
2. Print pages 1 through 8.
- 3 Flip every other page upside down.
4. Run through copier single sided to double sided.
5. Fold in middle and staple.

**You now have your own Heat Stroke Foto-novela!**



B	C
5	2
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6	8



**A special thank you to the farmworkers and  
outreach workers in Robeson County, N.C.**



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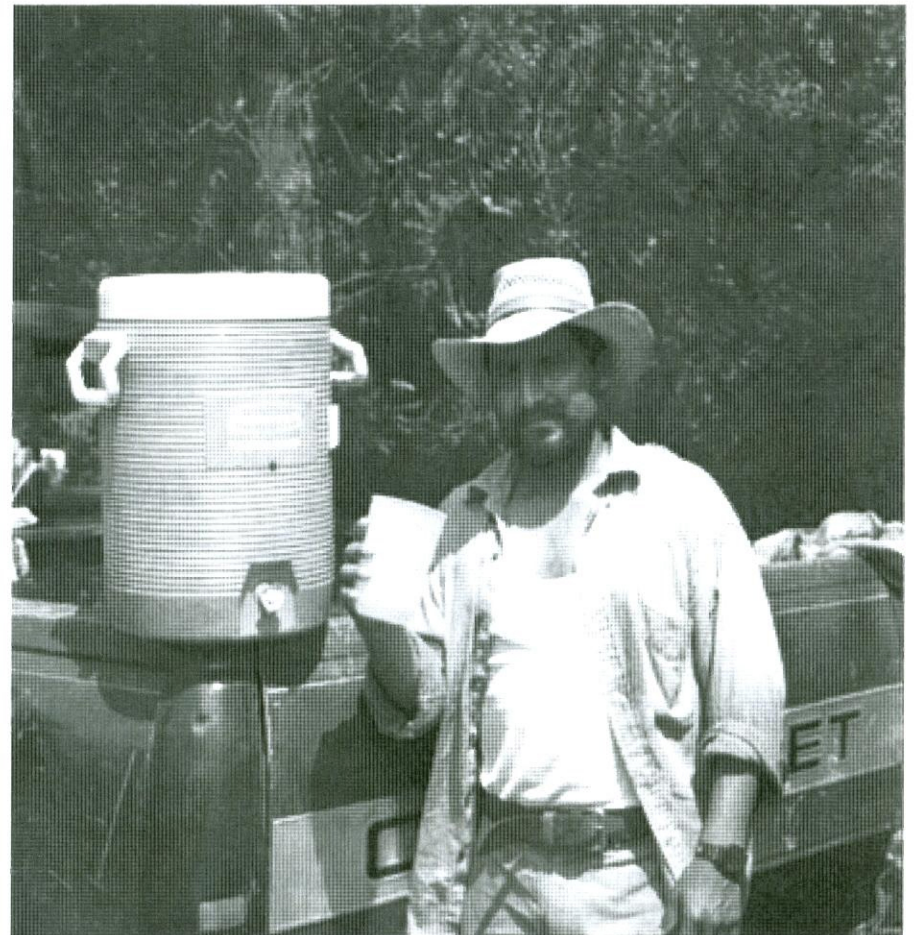
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# **Danger under the Sun**

## **Protect Yourself - Drink Water!**



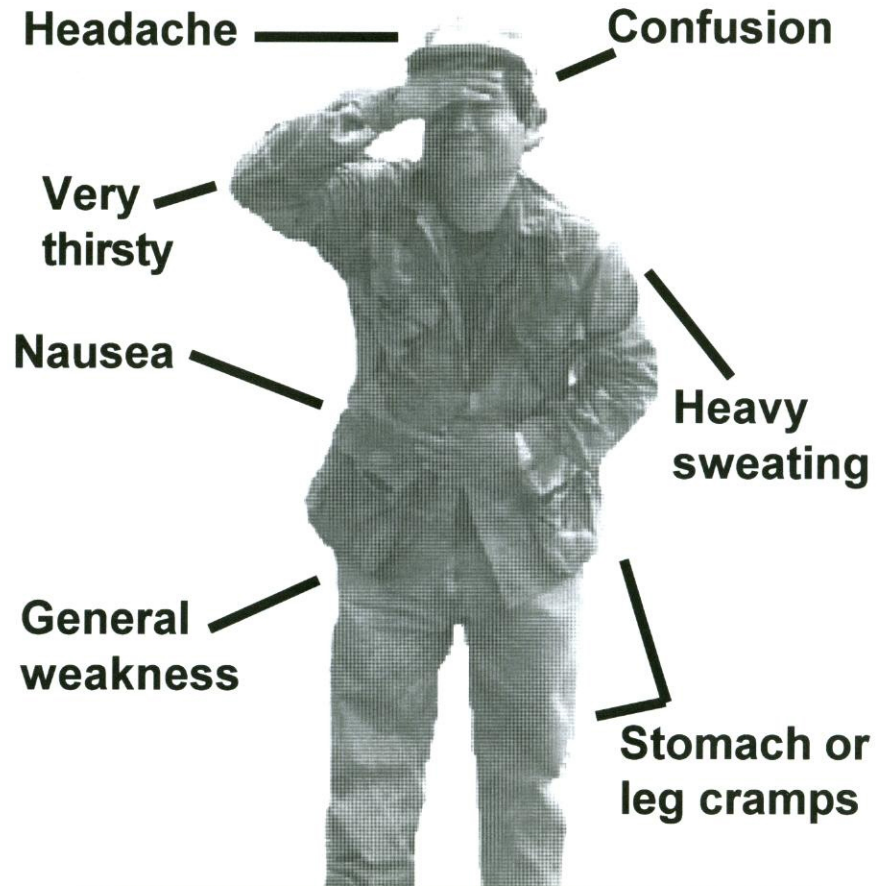
Early heat stroke or heat exhaustion can rapidly turn into heat stroke. It is important to learn the early symptoms of heat exhaustion.

*Dedicated to:*

*Aparicio,  
Carmelo,  
and  
Porfirio*

Recent victims of heat stroke in  
North Carolina

**August 2001**

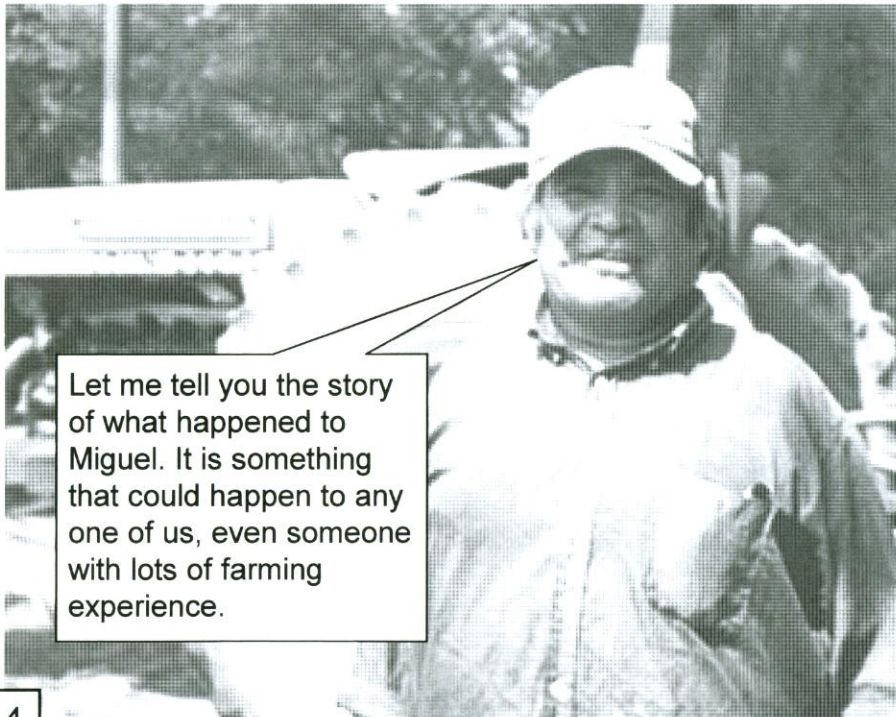
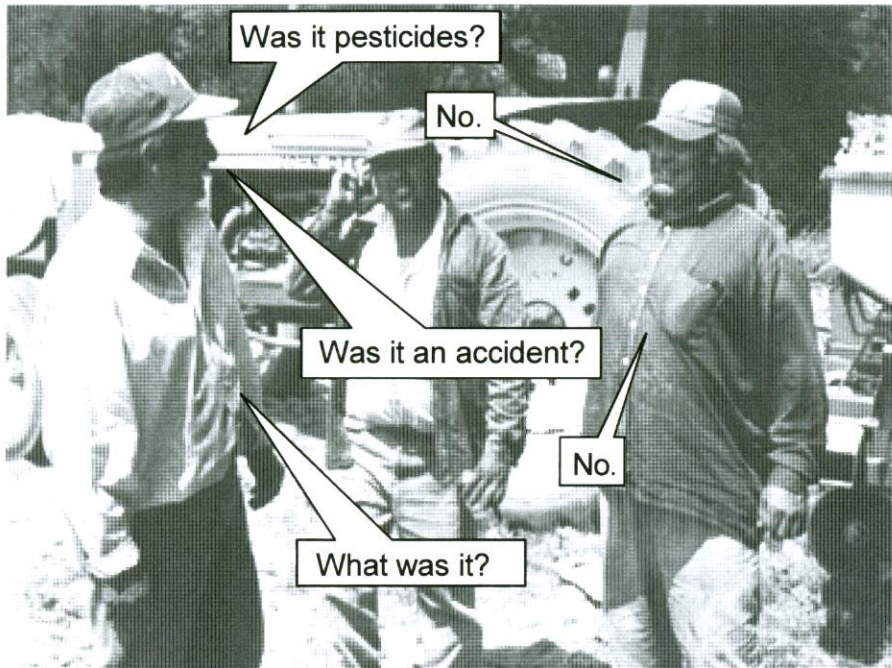


**If you have these symptoms, you should:**

1. Stop working.
2. Get in the shade or under a tree.
3. Take off or loosen clothing.
4. Drink a lot of water.
5. Cool off.

**If you feel worse, get help.**





The late symptoms of heat stroke are:

Lack of sweating

Vomiting

Loss of consciousness

Dry and hot skin

Breathing fast

Confusion

High body temperature

If a worker has these symptoms, you need to help him **immediately**. Send someone to call 911. Loosen the sick person's clothing and cool him off with wet cloths and by fanning. If he is conscious, give him water. **Stay with him until help arrives. If you don't get help right away, he can die.**

**Heat stroke is a serious emergency. Don't wait to get help. A person can have brain damage or even die if help doesn't come fast.**

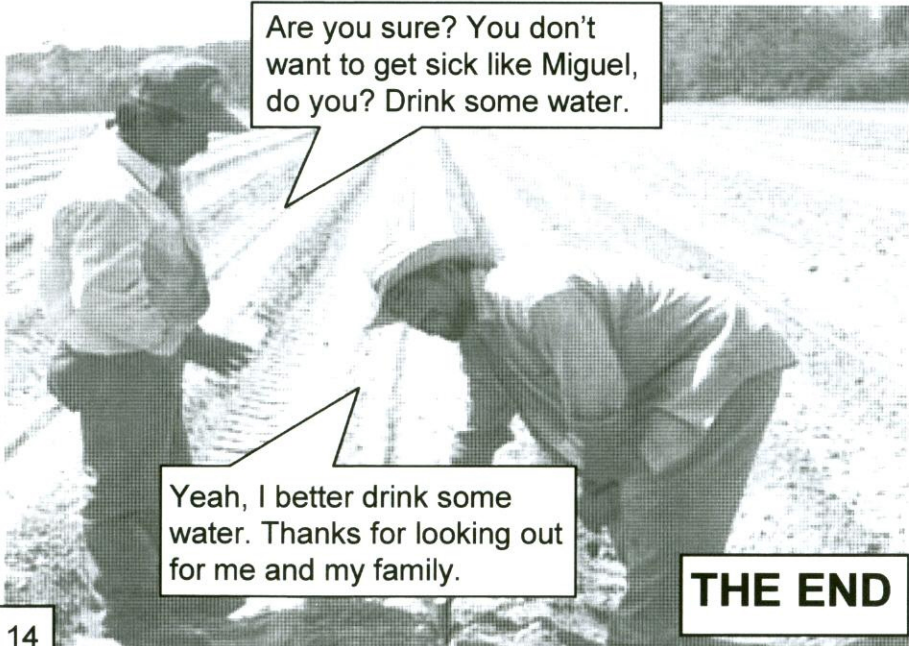


A few days later while planting.....



It's so hot!  
Do you want  
some water?

No, I feel fine.

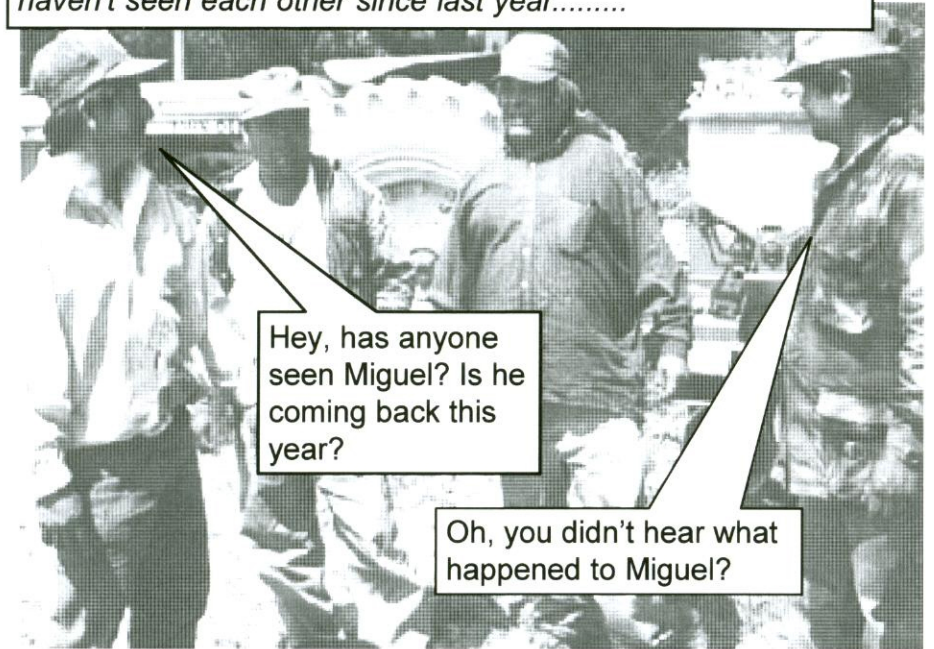


Are you sure? You don't  
want to get sick like Miguel,  
do you? Drink some water.

Yeah, I better drink some  
water. Thanks for looking out  
for me and my family.

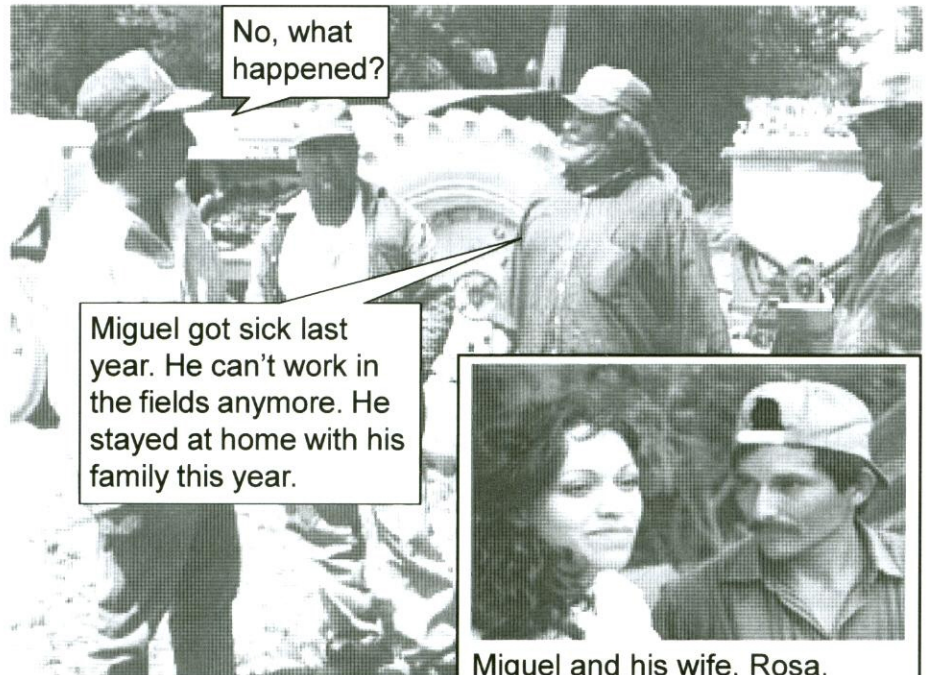
**THE END**

It is the beginning of the growing season, and old friends  
haven't seen each other since last year.....



Hey, has anyone  
seen Miguel? Is he  
coming back this  
year?

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



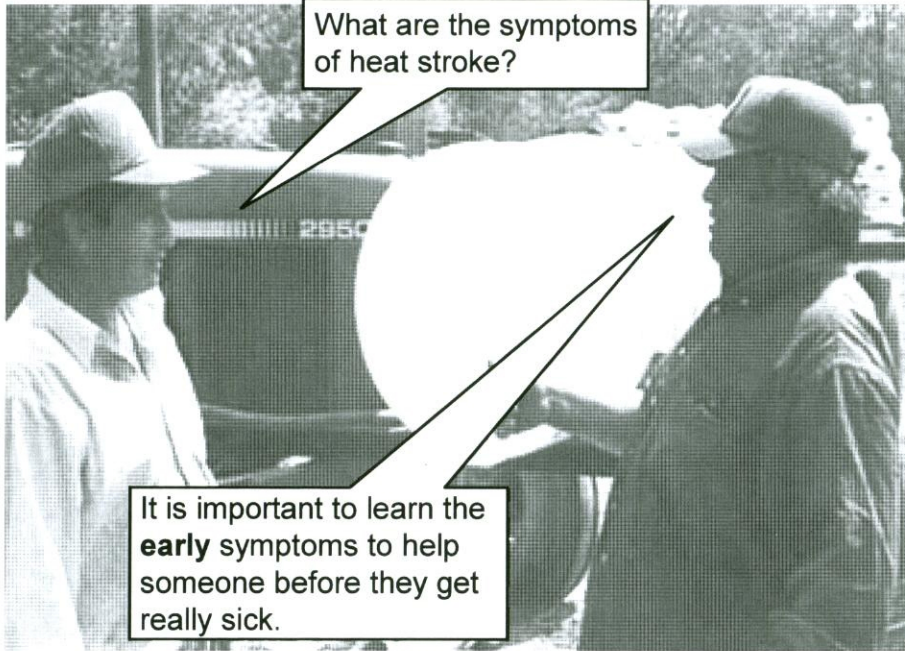
No, what  
happened?

Miguel got sick last  
year. He can't work in  
the fields anymore. He  
stayed at home with his  
family this year.



Miguel and his wife, Rosa,  
before Miguel got sick.





What are the symptoms of heat stroke?

It is important to learn the **early** symptoms to help someone before they get really sick.



The **early** symptoms are:

**Thirst**

**Leg or stomach cramps**

**Heavy sweating**

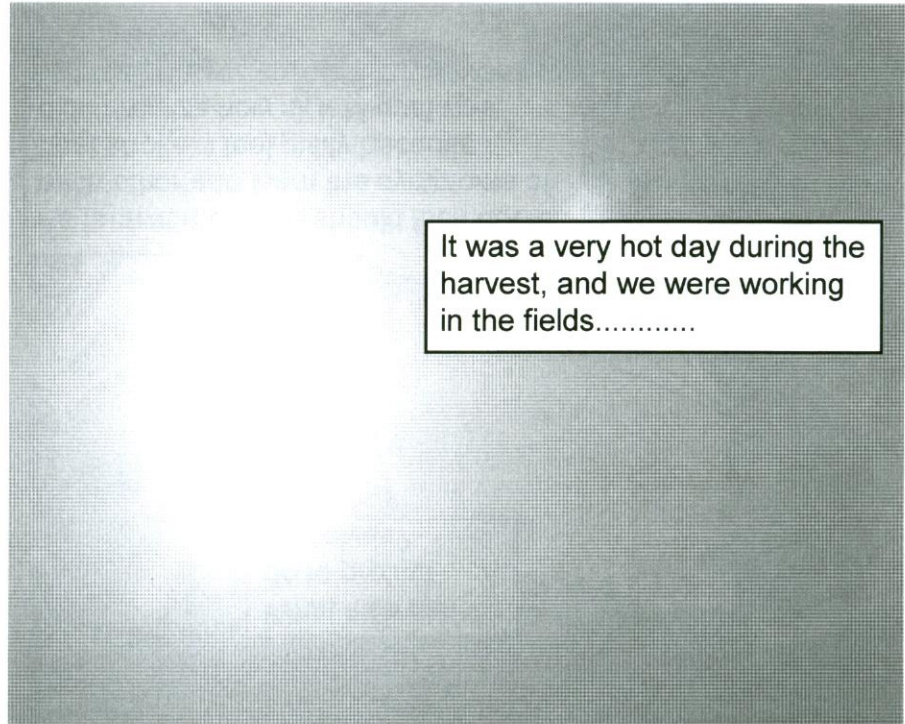
**Headache**

**Nausea**

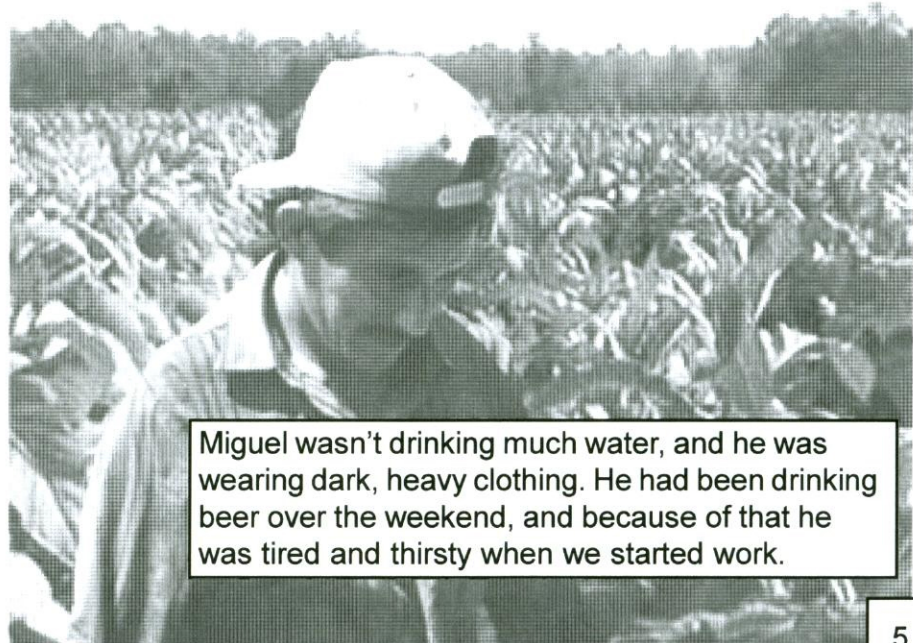
If you or another farmworker have some of these symptoms, you should rest in the shade, cool off, and drink lots of water. If you don't feel better soon then call **911** and get help!!!

**Weakness**

**Dizziness**

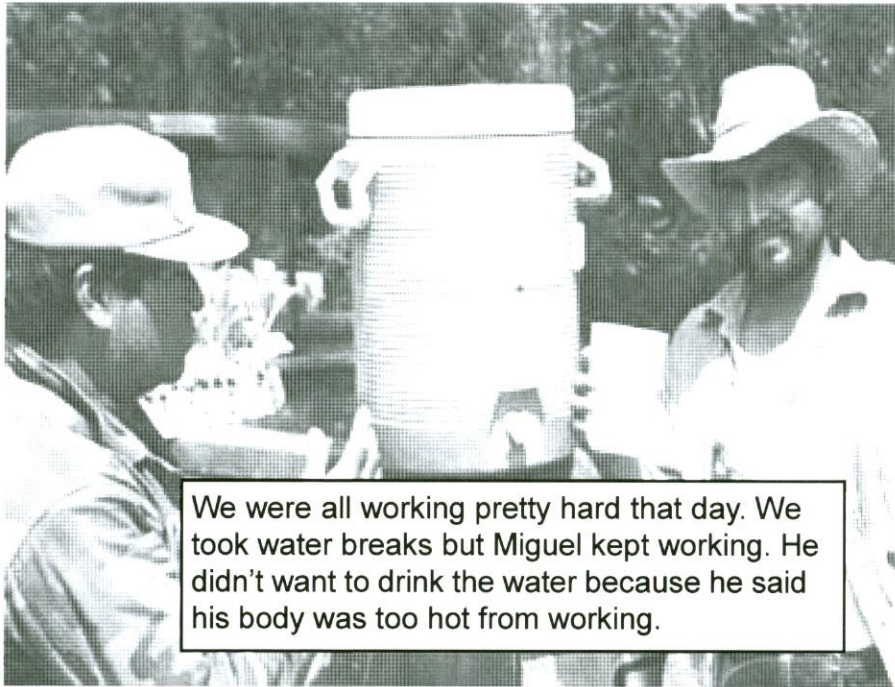


It was a very hot day during the harvest, and we were working in the fields.....



Miguel wasn't drinking much water, and he was wearing dark, heavy clothing. He had been drinking beer over the weekend, and because of that he was tired and thirsty when we started work.

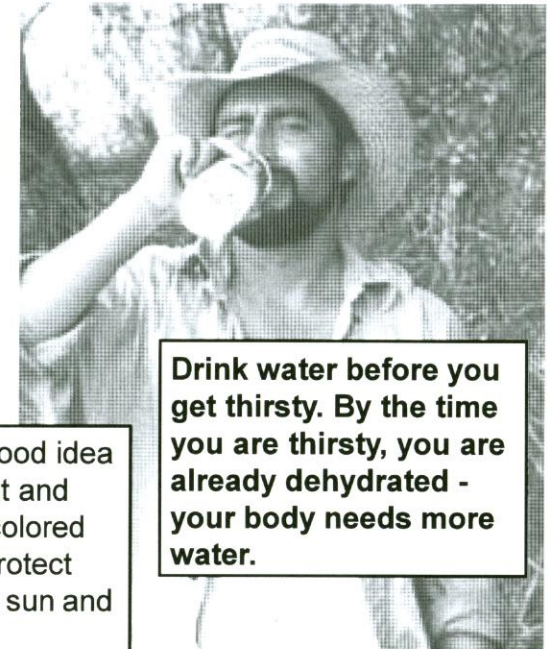




We were all working pretty hard that day. We took water breaks but Miguel kept working. He didn't want to drink the water because he said his body was too hot from working.



It is also a good idea to wear a hat and loose, light-colored clothing to protect you from the sun and pesticides.



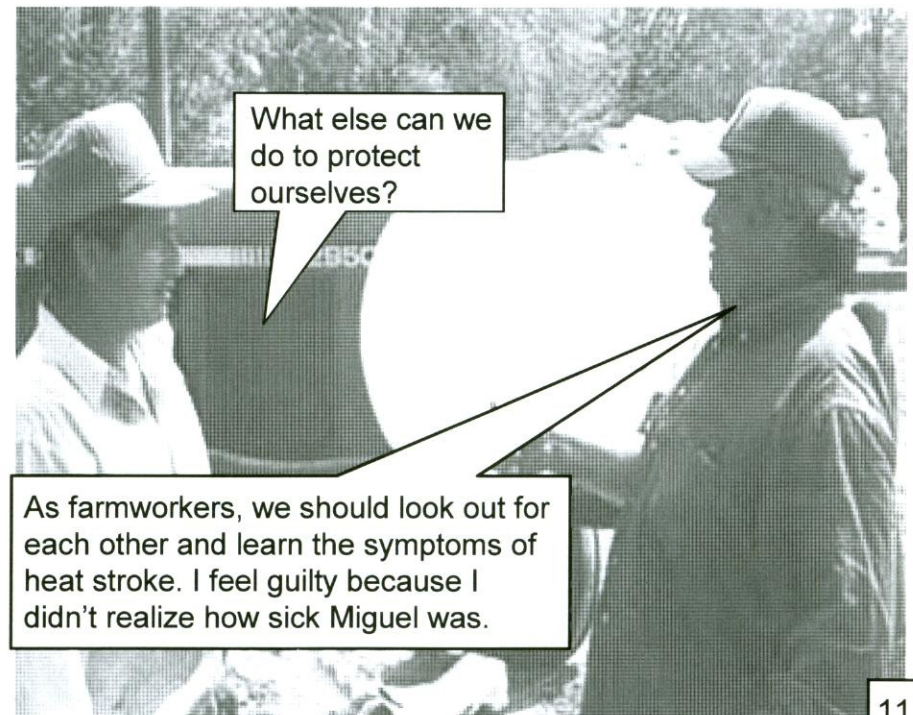
**Drink water before you get thirsty. By the time you are thirsty, you are already dehydrated - your body needs more water.**

After a while, Miguel looked sick. His skin looked hot but he wasn't really sweating. He seemed confused.



Miguel, are you okay?

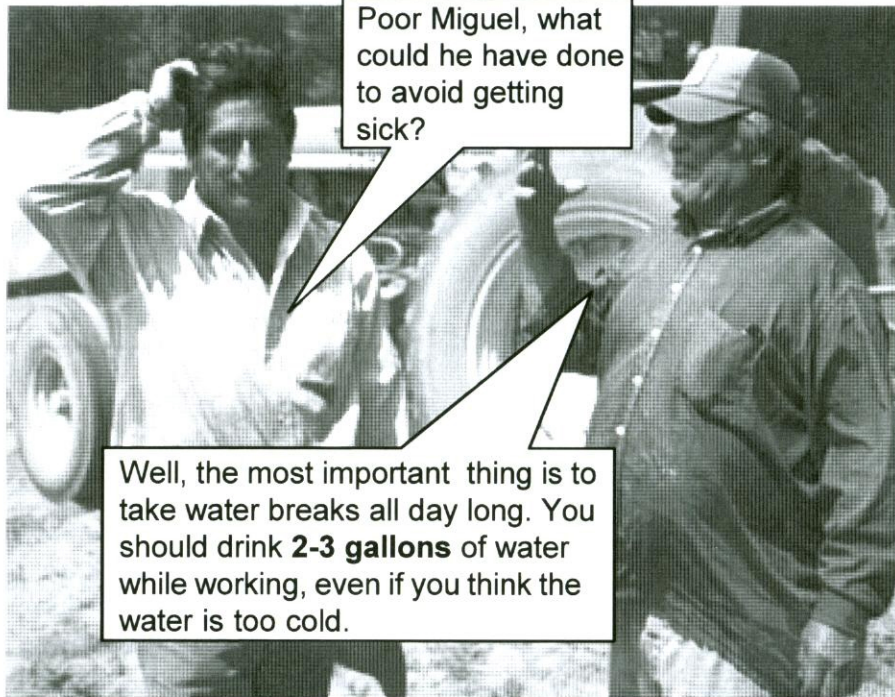
Yeah, I'm okay, just a bit tired. Maybe it's the tobacco or something.



What else can we do to protect ourselves?

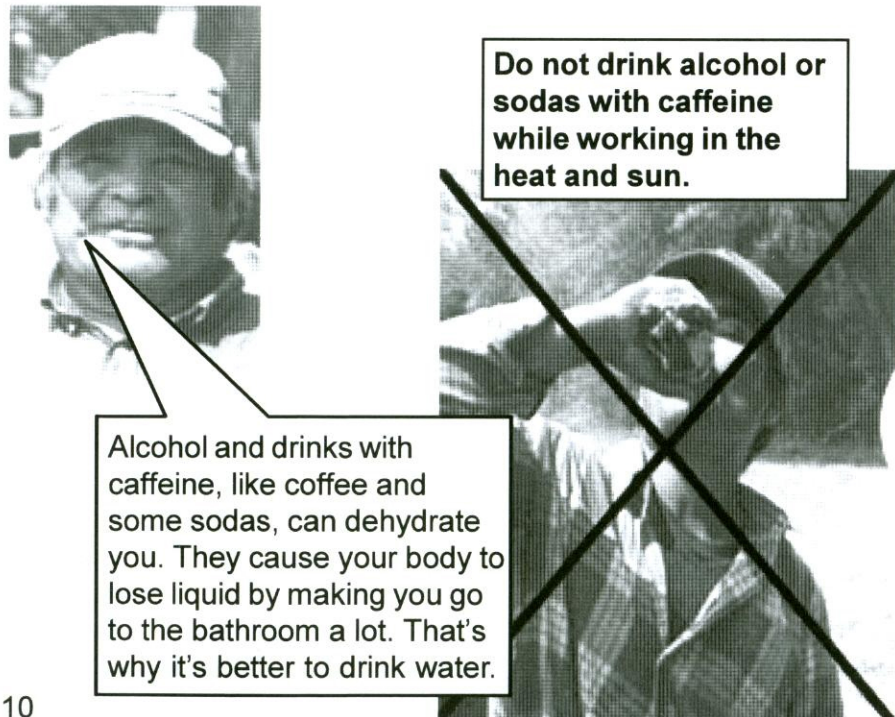
As farmworkers, we should look out for each other and learn the symptoms of heat stroke. I feel guilty because I didn't realize how sick Miguel was.





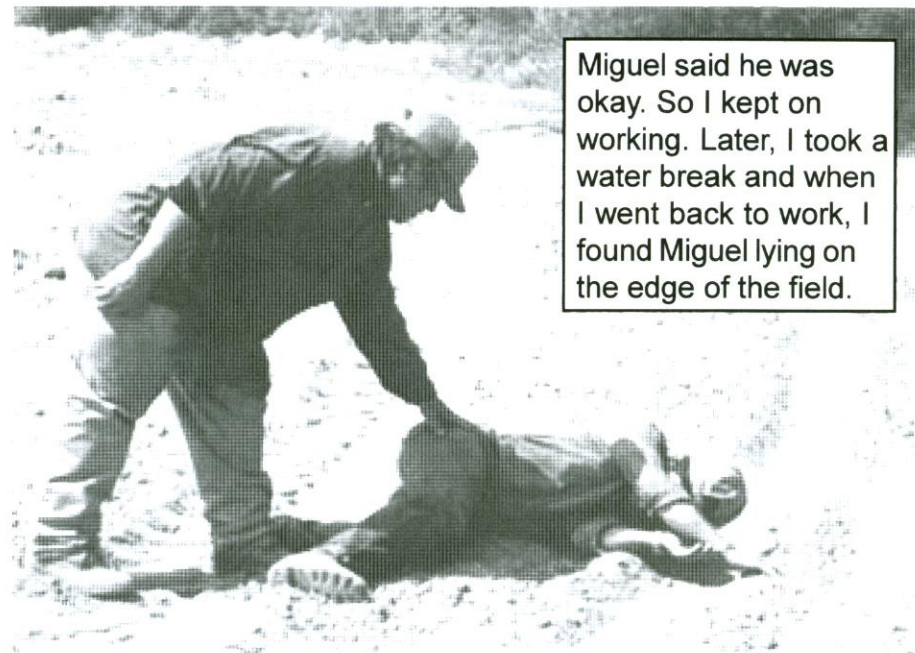
Poor Miguel, what could he have done to avoid getting sick?

Well, the most important thing is to take water breaks all day long. You should drink **2-3 gallons** of water while working, even if you think the water is too cold.



**Do not drink alcohol or sodas with caffeine while working in the heat and sun.**

Alcohol and drinks with caffeine, like coffee and some sodas, can dehydrate you. They cause your body to lose liquid by making you go to the bathroom a lot. That's why it's better to drink water.



Miguel said he was okay. So I kept on working. Later, I took a water break and when I went back to work, I found Miguel lying on the edge of the field.



Help!

Miguel was unconscious and breathing really fast, so I yelled for the other workers to come help.

We sent another farmworker to go tell the farmer and to call 911.





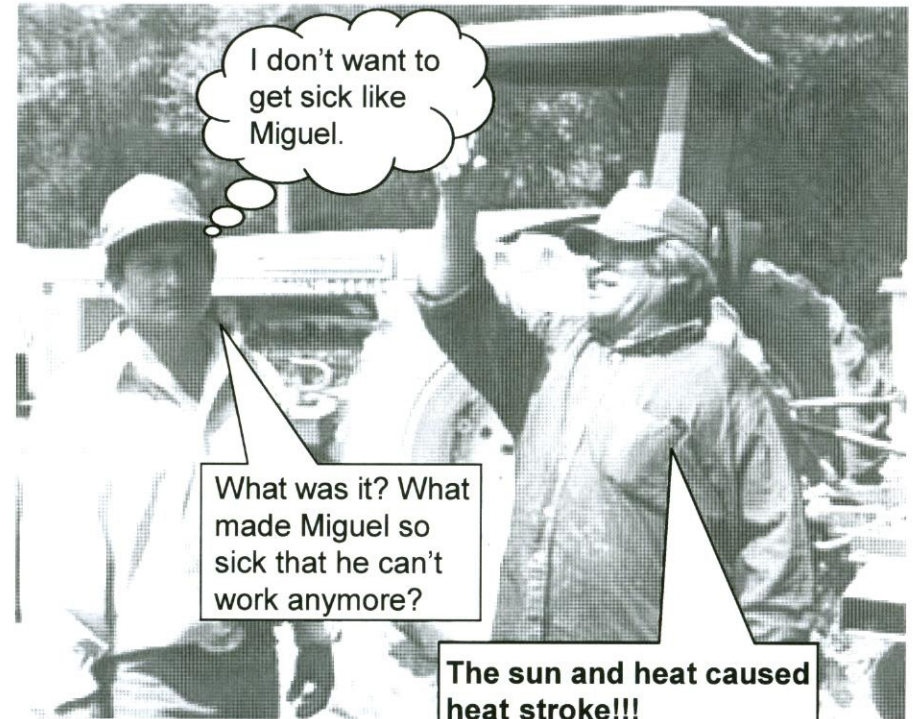


We put Miguel in the shade.

We loosened his clothing and took off his boots. We put wet cloths on his forehead, neck, and underarms. Then we fanned him until the ambulance got there.



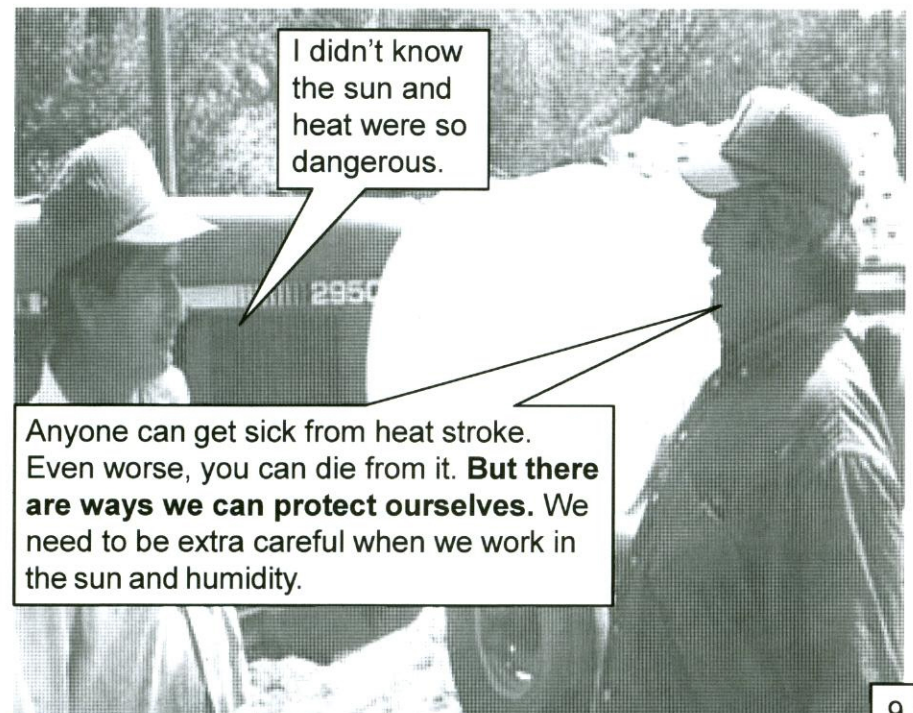
The ambulance took Miguel to the hospital. After a few weeks in the hospital, Miguel returned to Mexico.



I don't want to get sick like Miguel.

What was it? What made Miguel so sick that he can't work anymore?

The sun and heat caused heat stroke!!!



I didn't know the sun and heat were so dangerous.

Anyone can get sick from heat stroke. Even worse, you can die from it. **But there are ways we can protect ourselves.** We need to be extra careful when we work in the sun and humidity.