

HEAT ILLNESS: Heat Stroke

Radio Novella Transcript (translated from Spanish)

Rev. 6|11

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- Narrator:** Welcome. This is an educational radio novella about heat sickness and what we can do to protect ourselves.
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- Chuy:** Pancho...Pancho! Look at all the ghosts floating around us.
- Pancho:** Ghosts? Chuy, what are you talking about? Come on, we need to hurry with the cherries.
- Chuy:** Pancho, there they are. They're just watching us from the trees. Help me.
- Pancho:** Chuy, what's wrong with you? You're crazy. Are you alright? Stop saying crazy things.
- Chuy:** They're going to knock me down. They're coming, they're coming!
- Pancho:** Chuy, what's wrong with you? Chuy, wake up.
Chuy's skin is hot. Could it be heat sickness? And his face is as red as a tomato. Someone, help me! Please help me!
- Sandra:** What's wrong, Don Pancho.
- Pancho:** I need someone to dial 911. We need an ambulance. Chuy fell off the ladder and he's not responding. I think he has heat sickness.
- Sandra:** I'm going to call on my cell phone. Go tell the manager!
- Pancho:** We need to cool him down. Someone bring a bucket of water!
- Sandra:** Bring your water bottles—quickly! Here is mine Pancho.
- Pancho:** I'm going to take off all this extra clothing he has on. We need to throw water on him and then fan him with my hat.
- Sandra:** Help is on the way.
- Pancho:** Thank you, Sandra. Hopefully they'll come soon.
- Sandra:** I'll wait for them outside the orchard to tell them how to get here.
- Pancho:** Yes, thank you. Get him really wet. Fan him with what you have to lower his temperature. Here comes the ambulance.
- Woman:** Sir, were you with him when he fell off the ladder?
- Pancho:** Yes, we work in the same line. His name's Chuy.
- Woman:** Can you tell me what happened?
- Pancho:** Well, I don't know. We were working together picking cherries. Because he's a little older and diabetic and has some heart problem the manager didn't want him working on his own in this heat.
- Woman:** Older people with diabetes and heart problems are the ones that run the greatest risk. They need to drink a lot of water and protect themselves from the sun as best as possible.
- Pancho:** I tried telling him not to wear so much clothing, to take off his black sweatshirt, but he didn't want to. And then he stopped drinking water because he didn't want to have to go to the bathroom. I told him the rule was half every half: half a liter of water every half hour; but he ignored me. It was then that he started acting strangely, like he was crazy, saying all these things.

Woman: Chuy got heat sickness. His temperature was more than one-hundred and four degrees; that's why he was acting so strangely and fainted. Lowering his temperature in time can be what saves his life. Good job!

Pancho: Yes, the manager offered us a seminar about the dangers of heat, so I did what I could remember.

Woman: Chuy's skin was also red, dry and hot. You did the right thing in getting him wet and fanning him. Good thing your manager gave that seminar. If not, who knows what would have happened to Chuy.

Narrator: Thank you for listening to our radio novella about heat sickness brought to you with grants from by the National Institute of Health, the University of Washington in Seattle, and the Center for Pacific Northwest Agricultural Health and Safety.



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