

HEAT ILLNESSES: Heat Syncope

Radio Novella Transcript (translated from Spanish)

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Narrator: Welcome. This is an educational radio novella about heat syncope and what we can do to protect ourselves.

Tino: Mariana, I feel really strange. I'm really dizzy.

Mariana: Tino, what's wrong with you? Come on, wake up!

Tino: Hmm....What happened?

Mariana: You fainted. Come; let's take you where you can get some air.

Tino: No, Mariana, I feel better now.

Mariana: Tino, did you hit your head or hurt yourself when you fainted.

Tino: No, I'm fine.

Mariana: My God, you gave me such a scare. Let's go somewhere where you can get refreshed. I'll bring my water bottle. Tino, sit here and put your feet up on the table so they're at the level of your heart, or lay down on the grass and put your feet up on this chair.

Tino: I'm going to take off my sweater. I'm really hot.

Mariana: Take this wet handkerchief and place it on your forehead.

Tino: I feel fine now.

Mariana: Tino, you need to rest, and then you need to go to the clinic or see a doctor, and make sure your fainting isn't related to anything besides the heat. Maybe it has something to do with your heart.

Tino: Mariana, don't scare me. Maybe it was because I was partying all night and I haven't slept. Maybe that's why I fainted.

Mariana: Tino, how could you stay up all night knowing you had work today?

Tino: That's what I'm asking myself, but yesterday I didn't even remember.

Mariana: Look, Tino, you haven't slept and you're most likely dehydrated. If you drank last night and have been working in the sun, that increases the risk of getting some kind of heat sickness

Tino: So is that why I fainted?

Mariana: Of course. You stand in one place in the heat for a long time without moving and you're dehydrated. When not enough blood makes it to your head—and boom—you faint.

Tino: But I woke up right away. Maybe I tripped on something.

Mariana: Because you fell flat on the ground, your head was at the same level as your legs, so blood was able to return to your head.

Tino: What would have happened if you hadn't woke me up quickly.

Mariana: I would have called an ambulance to get help. It could have been a sign of heat syncope. This is what we learned in our course: put a wet rag on the forehead and neck, take off all the thick clothes, and lay down in the shade.

Tino: Thank you Mariana for all your help. Who knows what would have happened to me if you hadn't known all this information and what should be done. It's good that you're our supervisor.

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.