

HEAT STROKE

Warning Signs & Treatments



Warning Signs

- Intense headache
- Light headed or dizzy
- Red, hot, and dry skin
- Body not sweating even though it is hot
- Weak muscles or muscle cramps
- Nauseated and vomiting
- Unconsciousness
- Fast heartbeat that can be strong or weak
- Fast, shallow breathing
- Seizures
- Changes in behavior (confusion, disorientation, or staggering)

Treatments

- First things first either call 911 or take the person to the hospital
- While waiting for medical assistance:
 - Take persons temperature
 - Cool person off with water hose or wet cloths
 - Use ice packs on persons body
 - Put person in a cool bath or shower
 - If it is an exertional heat stroke, and the person is young and healthy, you can put them in an ice bath
 - Avoid ice baths with children and the elderly