



Heat Stroke

Heat stroke is a serious medical condition when the body gets too hot. Heat stroke can be caused by prolonged exposure to high temperatures or physical activity in high temperatures for too long. If not treated, severe complications can occur, such as brain, heart, kidney, and muscle damage, leading to death.

If you suspect someone has heat stroke, call 9-1-1 immediately.

Symptoms:

- Body temperature is over 104°F
- Throbbing headache
- Dizziness and lightheadedness
- Lack of sweating despite the heat or excessive sweating
- Skin flushing
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering

Treatment while waiting for further medical attention:

- Fan air over the person while wetting their skin with water.
- Apply ice packs to their armpits, groin, neck, and back.
- Put the person in a shower or tub of cool water.
- If the person loses consciousness and stops breathing, start CPR.

Individuals at a higher risk of heat stroke:

- People with asthma, especially children
- People with heart disease
- Pregnant women
- People over the age of 65 years old
- People who are working or exercising outside in the heat
- Infants and young children