

# Heat Stroke

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# HEAT EXHAUSTION or HEAT STROKE

HEAT EXHAUSTION	HEAT STROKE
USUALLY A FEVER OVER 100.4° F	HIGH FEVER, OVER 104° F
HEADACHE	HEADACHE
FATIGUE, ANXIETY & FAINT FEELING	FATIGUE, CONFUSION, AGITATION & STUPOR
WEAKNESS & MUSCLE CRAMPS	RAPID HEART RATE
NAUSEA & VOMITING	SEIZURES, COMA & DEATH POSSIBLE
PALE, MOIST SKIN	NAUSEA, VOMITING & LOSS OF APPETITE
DIARRHEA	WARM, DRY SKIN
FIRST AID	FIRST AID
MOVE TO A COOL PLACE & REST	CALL 911
REMOVE EXCESS CLOTHING & FAN SKIN	MOVE TO A COOL PLACE & REST
PLACE COOL CLOTHS ON SKIN	REMOVE EXCESS CLOTHING, DRENCH SKIN WITH COOL WATER & FAN SKIN
DRINK COOL WATER OR SPORTS DRINKS IF FULLY CONSCIOUS	PLACE ICE BAGS ON THE ARMPITS & GROIN AREAS

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