

# Heat Stroke **FIRST AID**

Heat Stroke is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided.

## SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104°F (40°C) or more
- Lack of sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid, shallow breathing
- Seizures
- Unconsciousness or coma

## TREATMENT

- 1 Move the person to a shady spot or indoors.
- 2 Call 911 or emergency medical help. Continue to the next steps while waiting for professional help to arrive.
- 3 Have the person lie down with the feet elevated.
- 4 If still conscious, have him sip cool water.
- 5 Remove his clothing.
- 6 Cool the person by spraying with cool water.
- 7 Apply damp sheets / towels / sponges / ice packs to the armpits, wrists, ankles and groin.
- 8 Use fan to direct air onto the body.



The illustration shows a person lying on their back on a green surface. A fan is positioned above their head, blowing air onto them. A hand is spraying water from a bottle onto their chest. A glass of water is next to their head. The person's feet are elevated on a grey block. Damp white cloths are placed on their armpits, wrists, and ankles. A red sun icon is in the background.



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