

HEAT STROKE

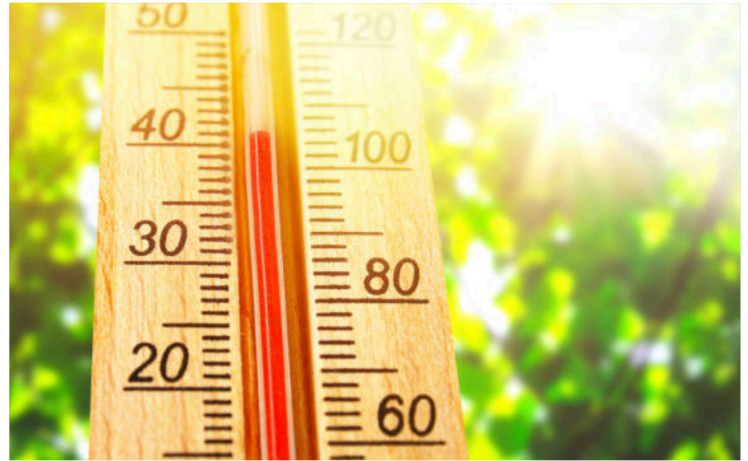
When the weather is hot, keep a cool mind – A. Brahm

Heat stroke basics

- Heat stress is a continuum of illnesses relating to the body's inability to cope with heat. It includes minor illnesses, such as heat rash, heat cramps, and heat exhaustion.
- Heat stroke is the most severe heat-related illness and is associated with high morbidity and mortality.
- Body temperature higher than 104°F (40°C) are associated with neurologic dysfunction; and body temperature exceeding 106°F (41.1°C) are generally catastrophic and require immediate aggressive therapy.

Symptoms

- Heavy sweating, hot dry skin, thirst, elevated body temperature, rapid breathing, headache, nausea, vomiting.
- Irritability, dizziness, weakness, confusion, seizures, coma and death.



Prevention and treatment strategies

- Heat stroke is a medical emergency that requires immediate medical treatment. Early treatment can prevent heat stroke and its complications, such as damage to kidneys, liver and the brain.
- Know the symptoms and signs, monitor yourself and your companions.
- Shield yourself from the sun by using the shade, cooling fans and air conditioners, if available. Rest frequently. Wear light weight, light color, loose fitting clothing.
- Stay hydrated. Drink at least 8 oz of water every 15 minutes. Avoid caffeine drinks, alcohol and heavy meals.
- Do not leave children or pets in the car!
- Fatal if treatment delayed!