**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.

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**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!