

Heat Exhaustion & Heatstroke, cont.

How to recognize **heatstroke**:

- High body temperature; 103 degrees F or higher.
- The absence of sweating, with hot red or flushed dry skin.
- Rapid pulse.
- Difficulty breathing.
- Disorientation, strange behavior, hallucinations, confusion, and or agitation.
- Seizure.
- Unconsciousness or comatose.

What to do for **heatstroke**:

- **Call 911 immediately: this is a medical emergency.**
- Move the person to a cooler environment, or place him or her in a cool bath of water (as long as he or she is conscious and can be attended continuously).
- Alternatively, moisten the skin with lukewarm water and use a fan to blow cool air across the skin and place ice packs under armpits and groins.
- Give cool beverages only if the person has a normal mental state and can tolerate them.

Heat stroke is a true medical emergency that can be fatal if not properly and promptly treated. Victims of heat stroke must receive immediate treatment to avoid permanent organ damage. First and foremost, cool the victim.¹

Additional Discussion Notes

Remember Both heat exhaustion and heatstroke are serious matters. In both cases, the body is reacting to a life-threatening situation. Do not take chances. Should you begin to feel ill, take a break and drink some cool (not ice) water or sports drink.

Attendees _____

¹Information from the Centers for Disease Control and Prevention