



Public Health
Prevent. Promote. Protect.

Treating Heat Stroke

- Cool the victim.
- Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin. Fan the victim to promote sweating and evaporation, and place ice packs under armpits and groin.
- Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101-102°F.
- Notify 911 immediately.

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PUBLIC HEALTH
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Heat Stroke

What is heat stroke? Heat stroke is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical and neurological symptoms. Heat stroke can be fatal if not properly and promptly treated. The body normally generates heat as a result of metabolism, and is usually able to dissipate the heat by either radiation of heat through the skin or by evaporation of sweat. In extreme heat, high humidity, or vigorous exertion under the sun, the body may not be able to dissipate the heat and the body temperature rises. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

Heat stroke symptoms:

- Nausea, Vomiting and Dizziness
- Fatigue and Weakness
- Headache, Muscle Cramps and aches

Prevention: Avoid becoming dehydrated and avoid vigorous activities in hot and humid weather. Drink plenty of fluids (such as water and sports drinks), but avoid alcohol, caffeine, and tea which may lead to dehydration. Your body will need replenishment of electrolytes (such as sodium) as well as fluids if you sweat excessively or perform vigorous activity in the sunlight. Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothing. Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothes.

