Fast Facts

Heat Stroke

Symptoms	***Treatment***
-Fainting -Throbbing headache -Dizziness/lightheadedness *-Lack of sweating despite heat* -Red/hot/dry skin -Muscle weakness/cramps -Nausea/vomiting -Rapid heartbeat (can be strong or weak) -Rapid/shallow breathing -Confusion/disorientation -Staggering while walking -Seizures -Unconsciousness	-Call 911 -Get the person out of the hot environment immediately! (in shade or air conditioning) -Remove any unnecessary clothing -Cool the person by fanning air over them while wetting their skin -Apply ice packs to their armpits/groin/neck/back -Immerse the person in a shower/tub of cool (not cold) water. Stay with the person in order to prevent them from drowning in case they lose consciousness.

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