Heatstroke

**CAUSES**
- Sudden and intense environmental heat exposure
- Extreme body heat, which can exceed 40°C
- The body’s heat-regulation mechanisms are overwhelmed

**SYMPTOMS**
- Throbbing headache, dizziness or nausea
- No sweating
- Red, hot skin
- Restlessness or confusion
- Rapid, strong, thready pulse
- Labored breathing
- Watery eyes
- Cold, clammy skin
- Seizures or fainting
- Indifference, confusion
- Coma

**PREVENTION**
- Drink enough fluids to maintain very dark urine.
- Wear lightweight, loose-fitting clothing and sunscreen.
- Rest often.
- Drink plenty of water one to two hours before physical activity.

**WHAT TO DO**
- Call for immediate help.
- Apply cold water to cool areas of skin.
- Cover the person with cool but not icy water.
- Remove lightweight clothing and resting in the shade.

**GROUPS AT RISK**
- Infants
- Elderly people
- People with chronic diseases
- People on medications that affect the body's ability to regulate temperature

**HELP OTHERS STAY SAFE IN EXTREME HEAT**
- Be aware of seniors, children and those with medical conditions who may be at risk.
- Check on elderly neighbors and pets.
- Visit and drink plenty of water.
- Monitor your medical conditions that put you at risk for heat stroke.

**EXTREME HEAT**

**Types of heatstroke**
- **Classical**
  - Occurs in otherwise healthy individuals
  - Symptoms include confusion, headache, nausea, vomiting, and collapse

**Exertional heatstroke**
- Occurs in physically active individuals
- Symptoms include fever, muscle cramps, rapid breathing, and wet skin

**Non-exertional heatstroke**
- Occurs in individuals who are not physically active
- Symptoms include fever, headache, nausea, vomiting, and collapse

**Heat cramps**
- Occurs in individuals who are not physically active
- Symptoms include muscle cramps, fever, and rapid breathing

**Heat exhaustion**
- Occurs in individuals who are not physically active
- Symptoms include fatigue, weakness, headache, nausea, and rapid breathing

**Heat syncope**
- Occurs in individuals who are not physically active
- Symptoms include dizziness, nausea, and rapid breathing

**Heat injury prevention**
- Wear lightweight, loose-fitting clothing
- Use sunscreen with a high SPF
- Drink plenty of water
- Rest often
- Take breaks from physical activity

**Source:** US DEPARTMENT OF HEALTH AND HUMAN SERVICES, MINNESOTA DEPARTMENT OF HEALTH, MAYO CLINIC, WEBMD