



Heat Stroke Awareness and Safety

As we will be having at least one week of intense heat, this is to provide some information about heat stroke awareness, how you can protect yourself and family and when to seek medical care. Heat stroke is a very serious condition that can result in serious illness and even death.

Signs and Symptoms

Headache, Nausea/vomiting, Dizziness/fainting,
Rapid breathing, Fast heart rate,
Extreme thirst – dry mouth, sticky saliva, Red and warm skin,
Decreased urine output and darker urine color,
Behavioral changes in adults including confusion or agitation or in children including being more sleepy or agitated

Management

If you develop the above symptoms then you can do the following:
Move to a cool environment - A place with air conditioning, into the shade if outside and cannot get inside right away
Drink fluids – water is best
Eating fruits and vegetables
Use cool compresses on body – head, neck, armpits; wet clothes with cool water and wear them or take a cool bath

If symptoms are persisting or becoming more severe including altered consciousness, no saliva production, difficulty breathing, no or little urine output then call 911

Prevention

Keep home cool
Keep blinds closed, Avoid cooking in the stove, Use air conditioner to keep home cool
Avoid exposure to extreme heat
Limit outdoor time, Look for shaded areas, Limit/avoid strenuous activity
Avoid sun exposure
Use an umbrella, Stay in the shade
Clothing
Loose clothing with breathable fabric, light colors, Wide brimmed hat
Monitor weather alerts

A message from Central KW Family Health. As we remain a central part of your health.