

SUMMER SAFETY

Heat Stroke vs. Heat Exhaustion

Heat Stroke

Heat stroke is a condition in which the body cannot regulate its own temperature after prolonged exposure to high temperatures.

Symptoms include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature

If you witness someone experiencing possible heat stroke, call 911. Move them to a shaded area and cool quickly with cold water or an ice bath if possible. Place cold wet cloth or ice on their head, neck and armpits and soak clothing with cool water.

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating.

Symptoms include:

- Headache, Nausea, Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

If you witness someone experiencing possible heat exhaustion, take them to a clinic or emergency room. If medical care is unavailable, call 911. Move them to a cool area and have them drink cool liquids. Remove unnecessary clothing, including shoes and socks. Cool with cold compresses to the head, face and neck. Encourage frequent sips of cool water.

