

# Heat Stroke

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Heat stroke is a life-threatening condition. Seek immediate medical attention if from signs of heat stroke. Heat stroke occurs when the body cannot cool itself, usually by sweating and the internal (core) temperature of the body becomes too high. Older adults are highly susceptible to heat stroke.

## Causes:

- The inability of the body to cool itself after prolonged exposure to extreme heat

## Preventing Heat Stroke:

- Limit outdoor activities during extreme heat, especially during the intense sunlight hours from 10 am to 3 pm
- Wear light-colored clothes and hat - they reflect heat from the sun
- Drink plenty of fluids throughout the day such as water, or juice
- Avoid caffeine and alcoholic beverages - they accelerate the effects of heat stroke

## What to look for:

- Headache
- Dizziness
- Disorientation, agitation or confusion
- Sluggishness or fatigue
- Seizures
- Hot dry skin
- Increased body (inner) temperature
- Loss of consciousness
- Rapid heart beat
- Hallucinations

## Treatment:

- **Call 911 immediately - heat stroke can be deadly!**
- Then, move the person to a cool and dry place
- Apply cool water to skin and reapply often
- Fan the wet skin
- Apply ice to head, neck, armpits and groin areas