

Don't Let the Heat Get You Down

Prevent Heatstroke

Heatstroke is a serious heat illness, which can lead to organ damage or even death. Heatstroke happens when your body cannot cool itself down well and your body temperature rises to 104 degrees F (40 degrees Celsius) or higher.

People are at risk if they are working or exercising in hot weather, if they have certain medical conditions, or if they are taking certain medications. Young children, the elderly and obese people are especially at risk.

Signs of heatstroke:

Hot skin with no sweat
Fever above 102 F
Nausea or vomiting

Headache or irritation
Dizziness, confusion, or fainting
Muscle cramps or weakness

How to Prevent Heatstroke

Stay inside: Stay in air-conditioned rooms or lower floors of buildings. Don't go out in the sun, especially from 10am - 4pm.

Drink lots of water. Drink even if you are not thirsty. Do not drink caffeine or alcohol.

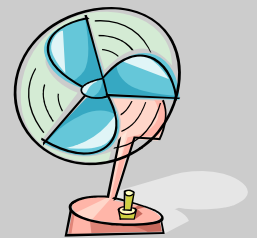
Wear clothing that is ...loose, light-colored and lightweight .

If you must go outside...
drink a lot of water and avoid too much physical activity.
Rest often.



How to Treat Heatstroke

1. Remove extra clothing. Have the person lie down in a cool place. Put the person's feet up.
2. Apply cool wet clothes or cool water to the person's skin and use a fan. Put ice packs on the neck, groin, and armpits.
3. If the person is alert, give him/her a drink (clear juice, Gatorade, or water).



Call 911 if the person:

- Has a fever higher than 102 degrees F
- Becomes more confused or faints
- Shows signs of shock

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Charles B. Wang Community Health Center

Website: www.cbwchc.org Health Education Department : 212-966-0461