

# HEAT EXHAUSTION -> HEAT STROKE

## ▶ HEAT RELATED EMERGENCIES

### ▶ SYMPTOMS:

- Hot
- Sweating
- Redness to skin
- Muscle cramps
- Nausea
- Weakness
- Dizzy



# HEAT EXHAUSTION -> HEAT STROKE

- ▶ **IMMEDIATE RESPONSE REQUIRED**
- ▶ **Cool the person down**
  - Get them out of the heat. Air conditioning is best.
  - Remove outer clothing
  - COLD WATER TO THE BODY
  - Ice pack
  - Cold fluids
  - Fanning

DO THIS TO AVOID -> HEAT STROKE

# HEAT EXHAUSTION -> HEAT STROKE

## ▶ HEAT STROKE:

- Confusion or strange behavior
- Vomiting -> inability to drink
- Red, hot, dry skin
- Shallow breathing -> seizures -> no response

1. COOL THE PERSON OFF

2. CALL 911

