

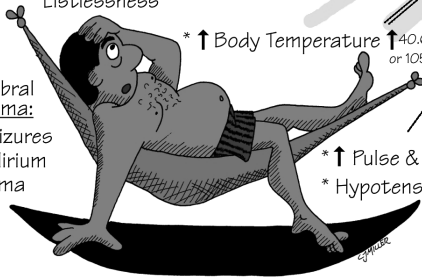
# Know the Signs of Heat Stroke and Heat Exhaustion

## HEAT STROKE

- \* Anxiety - Confusion
- \* Skin Hot & Dry
- \* Impaired Sweating
- \* Lethargy
- \* Na<sup>+</sup> and K<sup>+</sup> Depletion
- \* ↑ Body Temperature ↑40.6° C or 105° F

### Cerebral Edema:

- \* Seizures
- \* Delirium
- \* Coma



( Management - Cooling, Rest, Fluid & Electrolyte Support. )

## Who is at risk:

- Seniors
- Children
- Athletes
- Outdoor Workers

## Heat Stroke Signs & Symptoms

104 F



NO SWEATING



DRY, HOT RED SKIN



DIZZINESS & HEAD ACHE



PINPOINT PUPILS



VOMITING



UNCONSCIOUSNESS

## PREVENTION



DRINK ENOUGH



NO ALCOHOL & CAFFEINE



COOL SHOWERING



WEAR LIGHT PROTECTION



DO NOT STAY CLOSED CAR



LIMIT OUTDOOR TIME

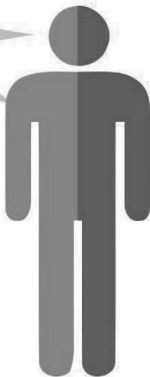
## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103° Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated



**Public Health**  
Prevent. Promote. Protect.

# Labette County Health Department

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