



## **Heat Stroke**

### **Overview**

- Heat stroke is the most severe of all heat-related illness
- Heat stroke could be life - threatening

### **Causes**

- Cooling mechanism of the body fails due to
  - a. Excessive humidity
  - b. Extreme heat
  - c. Activity in the hot sun
- Internal body temperature rises, leading to stroke

### **Risk Factors**

- Dehydration
- Infants & older people
- People who work long hours, outdoor
- Obesity
- Impairment in sweat gland function
- Cardiovascular disorder
- Alcohol usage
- Medications

### **Symptoms**

- Body temperature, greater than 104<sup>0</sup>F
- Head ache
- Dizziness
- Confusion
- Disorientation
- Fatigue
- Hot dry skin
- Skin is moist, if stroke is due to exertion
- Rapid / shallow breathing
- Rapid heartbeat
- Absence of sweating
- Fluctuating blood pressure
- Irritability
- Lack of consciousness / coma

**Treatment**

- Remove the person to a shady place
- Cool the person by sponging with wet towel
- Apply ice packs in armpits and groin
- Water with electrolyte, fruit / vegetable juice should be given
- Victim must be rested

**Prevention**

- Avoid outdoor activity during excessive heat
- Drink plenty of fluids when working outdoors
- During outdoor activity, splash your body frequently with water
- Avoid alcohol / coffee / soda
- Wear light weight, light- colored, loose-fitting clothes
- Protect yourself from the sun by wearing sun glasses and hat

<http://www.medindia.net/patients/Firstaid-heatstroke.htm>