

# Heatstroke

## What is it?

The most serious heat-related illness. It occurs when the body can no longer control its temperature when exposed to excessively high temperatures.

## Symptoms:

- Fever of 104 degrees Fahrenheit (40 degrees Celsius) or greater
- Changes in mental status or behavior, such as confusion, agitation and slurred speech
- Hot, dry skin or heavy sweating
- Nausea and vomiting
- Flushed skin
- Rapid pulse
- Rapid breathing
- Headache
- Fainting
- Seizure
- Coma

## When to Seek Emergency Care:

**If you suspect heatstroke, call 911 or your local emergency number.**

Move the person out of the heat right away. Cool the person by whatever means available. For example:

- Put the person in a cool tub of water or a cool shower.
- Spray the person with a garden hose.
- Sponge the person with cool water.
- Fan the person while misting with cool water.
- Place ice packs or cool wet towels on the neck, armpits, and groin.
- Cover the person with cool damp sheets.

If the person is conscious, offer chilled water, a sports drink containing electrolytes, or other nonalcoholic beverage without caffeine.

**Begin CPR if the person loses consciousness and shows no signs of circulation, such as breathing, coughing, or movement.**

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