

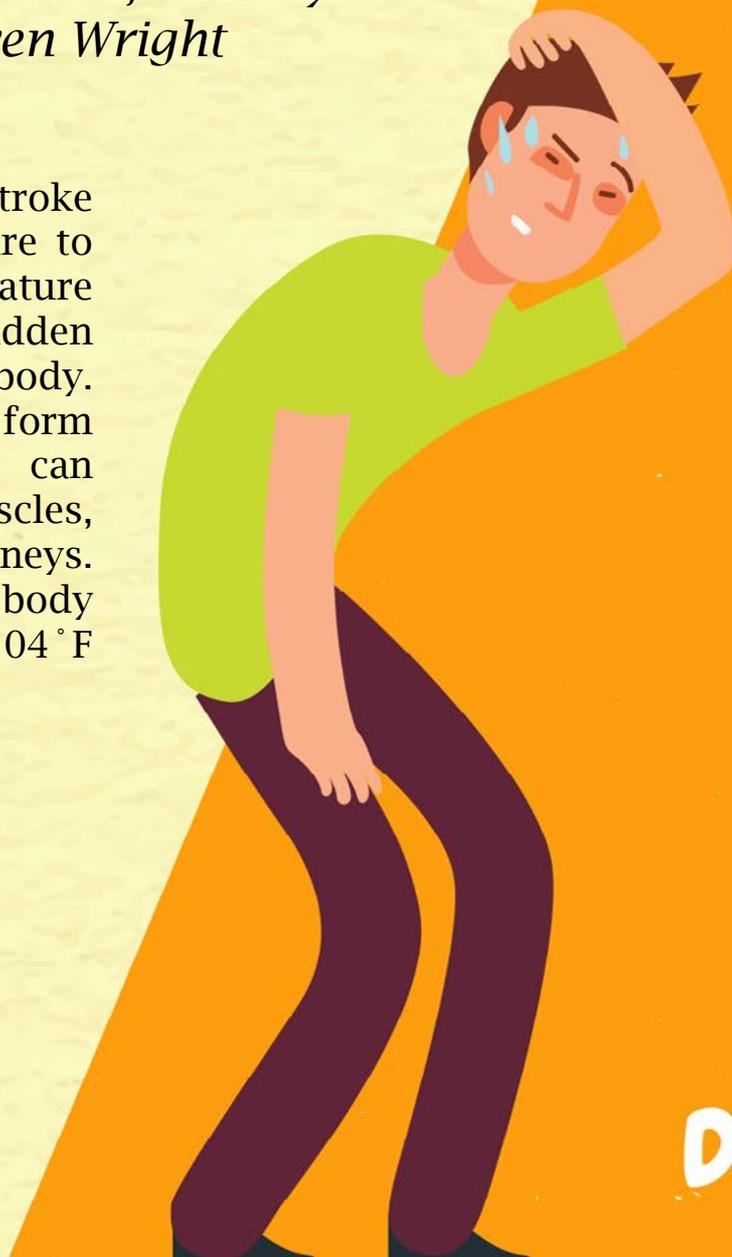
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Health U

Heat Stroke

If you saw a heat wave, would you wave back? - Steven Wright

Heat stroke or sun stroke occurs due to exposure to a very high temperature which causes sudden overheating of the body. It is the most severe form of heat injury as it can quickly damage muscles, brain, heart and kidneys. In heat stroke the core body temperature rises 104°F and above.



DANGER

Symptoms of Heat Stroke

1. High body temperature
2. Excruciating headache
3. Dizziness
4. Redness and dryness of skin
5. Nausea and vomiting
6. Rapid and shallow breathing
7. High pulse rate
8. Muscle Cramps
9. Loss of consciousness, hallucination and seizures
10. Lack of sweating despite the heat



Treatment for Heat Stroke

Immediate treatment for heat stroke is to cool the body to prevent the further damage.

1. The patient should be given a cold bath
2. Patient should be sprayed with cold water and air should be fanned onto the body which will help in evaporation cooling
3. Ice packs should be applied to neck, armpits, and groins of the patient to cool down the body.
4. Muscle relaxants as prescribed by the doctors may be given if the body temperature is not falling

Heatstroke is a serious condition, and professional medical help must be sought immediately.

Prevention of Heat Stroke

Simple precautions as mentioned below can be taken:

1. Keep yourself hydrate
2. Wear light colored and loose fitted clothes.
3. Avoid going out during 11:00 am – 3:00 pm which is the hottest part of the day.
4. Avoid strenuous activities
5. Use hats and sunscreen
6. Avoid excess alcohol
7. Take cool baths
8. Never leave anyone in parked cars

