

HEAT STROKE



SIGNS:

- > Temperature > 104 F
- > Fainting / Dizzy
- > Nausea / Headache
- > Sweating: NONE
- > Skin: Dry / Flushed / Hot
- > Pulse: Rapid & Strong
- > BP: Elevated or Low
- > Unconscious & possible convulsions
- > Bizarre behavior/ Confusion
- > Hallucinations / Agitation
- > Breathing: Rapid & Shallow

FIRST AID:

- > 911 – Immediate medical assistance
- > Move pt into shade or A/C area
- > Remove clothing
- > Give cool water/juice if pt able to drink
- > Apply cool or tepid water to skin
- > Fan the pt / Spray water
- > Place ice packs under armpits/groin
- > Lay pt down w/feet slightly elevated

HEAT EXHAUSTION



SIGNS:

- > Temperature: Normal or Low-grade Fever
- > Fainting / Dizzy / Thirsty
- > Nausea / Headache / Fatigue
- > Sweating: HEAVY
- > Skin: Moist / Pale / Cool
- > Pulse: Normal or Rapid & Weak
- > BP: Low
- > Urine: Dark color
- > Muscle cramps

FIRST AID:

- > Move pt into shade or A/C area
- > Loosen/Remove clothing
- > Give cool water/juice if pt able to drink
- > Apply cool or tepid water to skin
- > Fan the pt / Spray water
- > Lay pt down w/feet slightly elevated
- > Monitor carefully, it can turn quickly to Heat Stroke

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