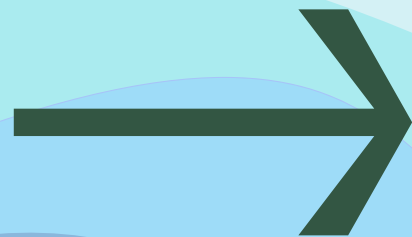


Learn About

Heat Stroke and Heat Exhaustion



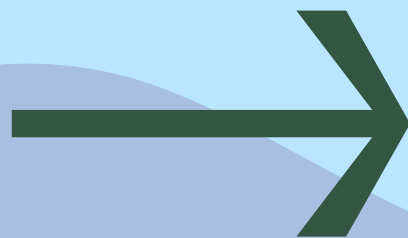
What is Heat Exhaustion?

Exposure to high temperatures causes the body to overheat. At this stage, the body tries to cool itself through sweating. (CDC, 2017)



What is Heat Stroke?

This is the next stage of heat exhaustion when the body's cooling methods (ie. sweating) stop. This results in rapid overheating of the body up to temperature of 41C or 106F. It is considered a medical emergency. (CDC, 2022)



What to watch for

Heat Exhaustion

- Heavy Sweating
- Fast Pulse
- Cramping
- Nausea and Vomiting
- Dizziness
- Headache



Heat Stroke

- Symptoms of Heat Exhaustion **PLUS ANY OF:**
 - Confusion, Slurred Speech or Seizures
 - A temperature of 103F or 41C
 - Dry and Hot Skin (Reduced Sweating)

(CDC, 2017)

How to Prevent Heat Stroke and Exhaustion

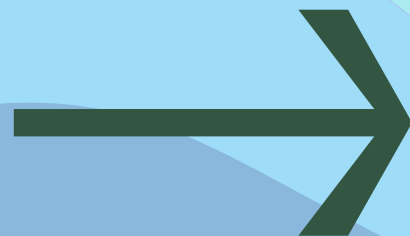
- Wear lightweight, loose clothing
- Aim for outdoor activities in the mornings or evenings during hot days
- Stay hydrated with water and electrolytes
- Avoid playing sports or exercising in the heat.



Continued

How to Prevent Heat Stroke and Exhaustion Continued

- Know the Signs and Symptoms and take action
- Takes breaks in a cool environment if spending long periods outdoors
- Be extra mindful of those at high risk:
 - Age over 65
 - Young children
 - People with chronic conditions



(CDC, 2017; Kenny et. al., 2018; Mathew et. al, 2020)

Fall Asleep on the Beach?

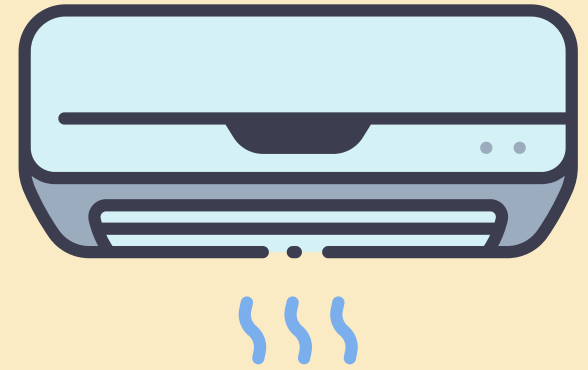


Here's what to do if you
Suspect Heat Exhaustion



1

Move yourself or the person to a cool space, preferably indoors

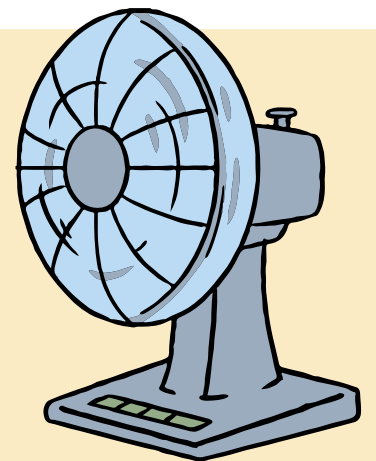


Elevate your or the person's feet to increase blood flow to the heart

2

3

Cool your/their skin with a fan and damp sponges or cloths



Rehydrate with water and electrolytes (ie. gatorade)

4



(NHS, 2021)

When to Seek Medical Help

For ALL Cases of **Heat Stroke**

- Temperature over 103F or 41C
- Confusion or Slurred Speech
- Loss of Consciousness

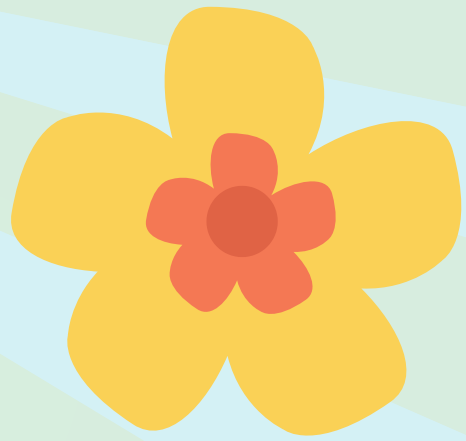
Call 911 and don't drink ANY fluids

OR

Seek Medical Attention if you...

- Are throwing up
- Have worsening symptoms
- Have symptoms lasting longer than 1 hour





**Now go Enjoy
that Okanagan
Summer Safely!**