

HEATSTROKE FIRST AID



SYMPTOMS MAY INCLUDE:

-  DIZZINESS, FAINTING
-  HEADACHE, CONFUSION
-  HIGH BODY TEMPERATURE
-  NO SWEATING
-  FLUSHED DRY SKIN
-  RAPID SHALLOW BREATHING
-  RAPID STRONG PULSE
-  NAUSEA, VOMIT
-  WEAKNESS OR CRAMPS
-  SEIZURE, UNCONSCIOUSNESS



MOVE THE PERSON
TO A COOL,
SHADY AREA



CALL EMERGENCY
MEDICAL HELP



COOL THE PERSON'S
ENTIRE BODY

COOL THE PERSON BY
SPRAYING COLD WATER



USE A FAN
TO LOWER TEMPERATURE



PLACE COOL WET TOWELS
OR ICE PACKS ON THE NECK,
ARMPITS AND GROIN

REMOVE
EXCESS CLOTHING



GIVE WATER TO DRINK IF THE
PERSON IS FULLY CONSCIOUS

HAVE THE PERSON LIE DOWN
WITH FEET ELEVATED

