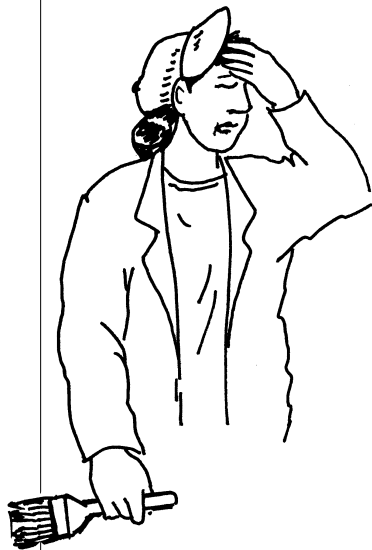


# **First Aid For Heatstroke**

Heatstroke is a major overheating of the body. It can cause a sudden and complete breakdown, leading to brain damage or death.

## **Preventing Heatstroke**

- Take it easy the first few days of high heat or humidity.
- Take frequent breaks.
- Drink lots of water.
- Avoid alcohol—it makes it harder for your body to keep cool.



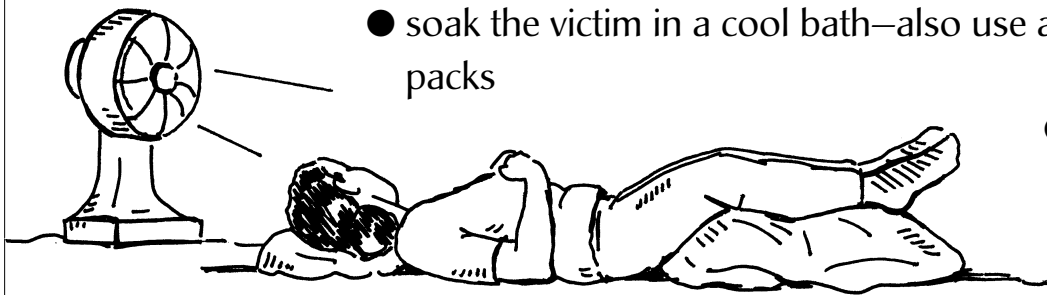
## **Symptoms of Heatstroke**

- sweating stops—skin is dry and hot
- pulse is strong and fast
- body temperature is over 106°F
- person becomes confused or angry
- person feels chilled, nauseated or dizzy or loses consciousness



## **Treating Heatstroke**

- call an ambulance
- use rescue breathing if you need to
- move the victim to a cooler area
- soak the victim in a cool bath—also use a fan or cold packs



- keep the victim lying down with feet raised