



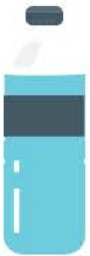
# Heat Stroke

signs  
symptoms  
treatment

People aged 65 and older are at a higher risk for heat-related illness. Heart disease or high blood pressure can increase this risk, as can prescription medications.

**Dangers of heat:** Extreme heat kills more people than hurricanes, floods, tornadoes and lightening combined. Heat-related illness can damage the brain, vital organs and cause death.

## PREVENTION



### STAY HYDRATED

- Drink more fluids. Don't wait until you are thirsty to drink.
- Avoid alcohol and sugary drinks. Water is the best CHOICE.
- If you have heavy sweating, a sports beverage can replace the salt and minerals you have lost.



### DRESS FOR THE HEAT

- Wear lightweight, light-colored, loose-fitting clothing.
- Wear a wide-brimmed hat, sunglasses and sunscreen.
- Sunburn affects your body's ability to cool itself and causes a loss of body fluids.



### STAY COOL

- Stay indoors, if possible in an air-conditioned place.
- Taking a cool shower or bath can help keep your body comfortable.
- Limit outdoor activity to morning and evening hours.

# HEAT STROKE

What is Heat Stroke? Heat stroke is when the body becomes unable to control its temperature. As the body's temperature rises, the body loses its ability to sweat and therefore can't cool down.

## Signs and Symptoms:

An extremely high body temperature (above 103F)

Red, hot or dry skin (no sweating)

Rapid, strong pulse

Throbbing Headache

Dizziness

Nausea

Confusion

Unconsciousness

## Heat Stroke Treatment:

Heat stroke can happen in just 10-15 minutes and can cause death or permanent disability if emergency treatment is not provided.

Call 911 for emergency assistance.

Cool the person rapidly using any available method (cool shower, garden hose, sponge bath).

Do NOT give the person fluids to drink.

# HEAT EXHAUSTION

What is Heat Exhaustion? Heat exhaustion is a milder form of heat-related illness. Heat exhaustion results from several days of high temperatures or insufficient fluids. If untreated, heat exhaustion can progress to heat stroke.

## Signs and Symptoms:

Heavy sweating, skin may be cool and moist and pale

Muscle Cramps

Tiredness, Weakness or Dizziness

Headache

Nausea or vomiting

Fainting

Pulse rate: fast and weak

Breathing: fast and shallow

## Heat Exhaustion Treatment:

Give the person cool water.

Cool the person with a cool shower or sponge bath.

Move the person to a cooler location rest.



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