

# HARMONY EVENT MEDICINE

## Heat Stress & Stroke

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Factors in heat gain or loss:

1. Temperature
2. Air movement (wind or fans)
3. Humidity
4. Level of hydration

Minor reactions:

1. Heat rashes/sunburns
2. Hives
3. Fainting from heat

Major reactions:

1. Heat Cramps
2. Heat Exhaustion
3. Heat Stroke

Causes for Minor reactions?

1. Overexposure to Sun (insufficient shade or sunblock)
2. Dehydration or insufficient fluid intake. Thirst is not only indicator of dehydration; dizziness, dry sticky mouth, darker and less urine production.

Treatment for Minor reactions:

1. Rest in cooler area (shade, ground, fresh air)
2. Elevate feet
3. Loosen clothing
4. Fluids ( water, electrolyte drinks)

Signs and Symptoms Heat Exhaustion

1. Sweating
2. Fatigue
3. Dizziness
4. Nausea/ Vomiting
5. Skin is moist and pale
6. Thirst
7. Headache

Signs and Symptoms Heat Stroke

1. Dry, hot Skin
2. Dry Mouth
3. Snore-like breathing
4. Muscle twitching>seizures
5. Headache/confusion
6. Strong, irregular pulse
7. Nausea/ vomiting

Treatment for Heat Exhaustion:

1. Cool area, cold compress
2. Lie down, Elevate feet
3. Loosen clothing
4. Fluids (water, electrolyte drinks)

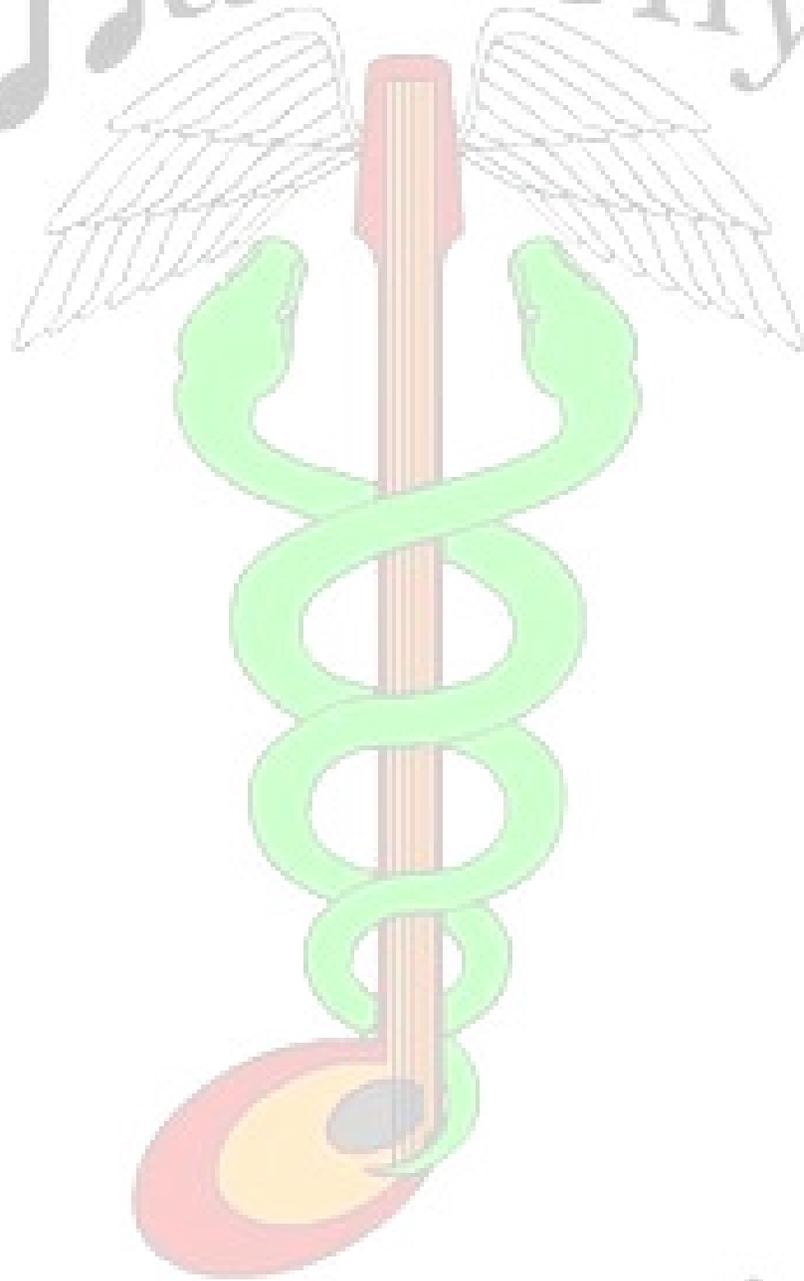
Treatment for Heat Stroke:

1. Cool area, cold compress
2. Wet clothing
3. Activate 911 call

HOW CAN YOU PREVENT HEAT ILLNESS?

WEAR THE PROPER CLOTHES, DRINK FLUIDS REGULARLY ( NO CAFFIENE OR ALCOHOL), EAT RIGHT AND REST. TEAM UP AND BE A BUDDY! LOOK OUT OR EACH OTHER, ENCOURAGE SAFE BEHAVIOR!

Harmony



Event Medicine