

Heat Stroke—Watch for these Signs!

Heat Stroke occurs when the body becomes unable to cool itself—body temperature rises rapidly and the sweating mechanism fails. The body temperature may rise to 106° F. or higher within 10 to 15 minutes. Heat stroke can cause death if emergency treatment is not given.

Warning signs of heat stroke vary, but may include:

- an extremely high body temperature—above 103° F. orally
- red, hot, DRY skin—sweating has ceased
- rapid, strong pulse
- throbbing headache
- nausea
- dizziness
- unconsciousness
- confusion

If you see any of these signs, you may be dealing with a life-threatening emergency. **Seek immediate medical assistance** and begin cooling the victim:

- move victim to shady area
- cool victim rapidly - for example, immerse him or her in a tub of cool water, place in a cool shower, spray with cool water from a garden hose, sponge with cool water, cover with cool, wet sheet
- monitor body temperature, and continue cooling efforts until the body temperature drops to 101 - 102° F.
- do not give victim alcohol to drink



Originally published in the Nutrition Spotlight, May/June 1999, updated, Nov. 2013