

HEAT STROKE :

Symptoms and Prevention

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The Health Ministry has called on Malaysians to be alert towards early signs of heat stroke in the wake of the current hot and dry weather. Heat stroke happens when the **body temperature exceeds 40.5 degree Celsius** which a normal human being's temperature is at 37.0 degree Celsius. Heat stroke requires immediate emergency medical care, if it's not quickly be treated, it can be fatal.

SIGNS & SYMPTOMS

- Severe, throbbing headache.
- Weakness, dizziness or confusion.
- Difficulty breathing.
- Decrease responsiveness or loss of consciousness.
- May not be sweating.
- Flushed, hot, dry skin.
- Elevation of body temperature to 104 degrees Fahrenheit (40 degrees Celsius) or higher.



Sweaty skin



Red, hot, dry skin

TREATMENT

- Move the person indoor or into the shade immediately.
- Have the person lie down, elevate feet slightly.
- If he is conscious, give frequent sips of cool water.
- Remove clothing, apply cool water to the skin and fan him.
- Apply ice packs to the armpits, wrists, ankles and groin.



PREVENTION

- Limit the amount of time you spend outdoors
- Drink plenty of water. Avoid tea, coffee, soda and alcohol
- Wear a wide-brimmed and long-sleeved clothing when outdoors
- Schedule heavy-duty activities for the beginning or end of the day, when it's cooler