

## HEAT EXHAUSTION vs. STROKE

AUGUST 2018

## DO YOU KNOW THE DIFFERENCE?

## HEAT EXHAUSTION SYMPTOMS

- Cold, pale, moist skin
- Headache/Nausea
- Heavily sweating
- Fast heart beat
- Fast and shallow breathing
- Fatigue, weakness
- Muscle cramps
- Intense thirst

## HEAT STROKE SYMPTOMS – CALL 911

- Hot, dry skin
- Throbbing headache
- Very high body temperature
- Loss of Consciousness
- Confusion, difficulty speaking
- Hallucinations strange behaviour
- Seizures
- Nausea, vomiting

## HEAT EXHAUSTION TREATMENT

Take Action

1. Move to a cooler, shaded area
2. Remove as much clothing as possible, including socks and shoes
3. Drink water, clear fluid or a sports drink
4. Get medical aid if you don't start to feel better
5. Have someone stay with you until help arrives

## HEAT EXHAUSTION TREATMENT

Call 911 immediately:This is a medical emergency

1. Stay with the person until help arrives
2. Move to a cooler, shaded location
3. Remove as much clothing as possible (socks and shoes too)
4. Wet the person's skin with cool water
5. Apply cold, wet or ice to face, neck, armpits and groin
6. Offer sips of water but do not force the worker to drink