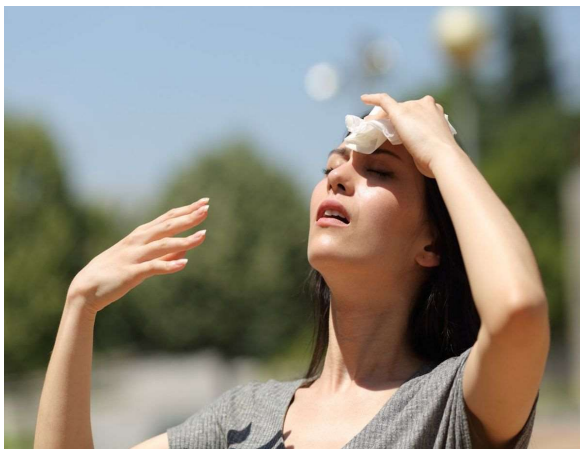


Heat Exhaustion & Sunstroke — What to Do

Heat-related illness ranges from mild heat cramps to life-threatening heatstroke (sunstroke). Move the person to a cool place, cool them down, and seek urgent medical care if signs of heatstroke appear. Quick action saves lives.

Common Causes & Risk Factors

- Prolonged exposure to high temperatures, especially with high humidity
- Strenuous physical activity in hot weather
- Dehydration and inadequate fluid intake
- Wearing heavy or non-breathable clothing
- Older adults, infants, and people with chronic illnesses or on certain medications

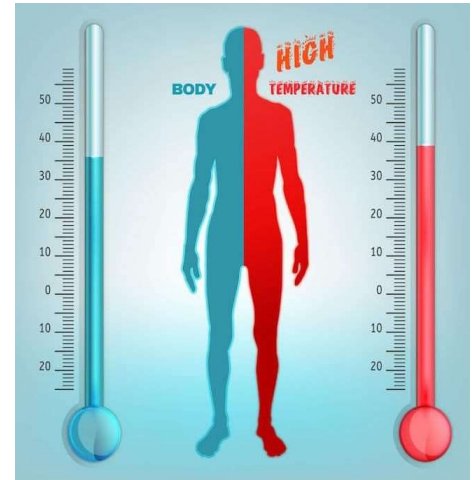


Signs of Heat Exhaustion

- Heavy sweating and pale, moist skin
- Weakness, dizziness, or fainting
- Rapid, weak pulse and low blood pressure when standing
- Nausea or vomiting
- Muscle cramps (often in legs or abdomen)

Signs of Heatstroke (Sunstroke) — Emergency

- High body temperature (typically $\geq 40^{\circ}\text{C}$ / 104°F)
- Hot, dry, or flushed skin; sweating may stop
- Confusion, agitation, slurred speech, or seizures
- Loss of consciousness
- Very fast or strong pulse



What to Do Immediately

- Move the person to a cool, shaded or air-conditioned area.
- Loosen or remove tight clothing. Cool the person with damp cloths or a cool bath.
- Offer sips of water or an oral rehydration solution if the person is conscious and able to swallow.
- Use fans and apply cool, wet cloths to skin; place ice packs on armpits, groin and neck for faster cooling.
- If heatstroke is suspected (confusion, very high temp, fainting), call emergency services immediately — this is life-threatening.

Preventing Heat Exhaustion & Sunstroke

Prevention focuses on staying cool, hydrated, and recognizing early warning signs. Plan activities to avoid peak heat and protect vulnerable people.

◆ **Stay Hydrated**

- Drink plenty of fluids throughout the day — water is best. Do not wait until thirsty.
- Replace electrolytes during prolonged activity (sports drinks or oral rehydration solutions).
- Avoid excessive alcohol or caffeine during hot weather — they can increase dehydration.



☹ **Avoid Peak Heat & Dress Smart**

- Limit strenuous activity between 11:00 AM and 4:00 PM when the sun is strongest.
- Wear lightweight, loose-fitting, light-coloured clothing and a wide-brimmed hat.
- Use sunscreen to protect against sunburn (sunburn reduces the body's ability to cool).

⚠ Look After Vulnerable People

- Check on older family members, infants, people with chronic illness, and pets during heat waves.
- Ensure access to cool spaces (air-conditioned rooms, public cooling centres).
- Never leave children or pets inside parked cars — temperatures rise rapidly.



🏠 Treatment & When Medication Helps

Immediate cooling and hydration are the primary treatments for heat exhaustion. Medications are not used to stop heatstroke — the priority is rapid cooling and emergency care.

🔧 First-line Measures

- Oral rehydration with water and electrolyte solutions for mild to moderate cases.
- Rest in a cool place and passive cooling (cloths, fans, shade).
- Seek medical evaluation if symptoms do not improve quickly or if vomiting prevents oral rehydration.

● Emergency Treatment for Heatstroke

If heatstroke is suspected, emergency services will perform rapid cooling (ice-water immersion when appropriate), IV fluids, and close monitoring — this requires hospital care.