



# KNOW THE SIGNS OF HEAT STROKE and How to Help

Heat can pose a significant risk to health and safety. Understanding the warning signs of heat-related illness and taking action is crucial for protecting yourself and others during hot weather conditions.



## HEAT STROKE SYMPTOMS

- Body temperature over 104F(40C), or hot to the touch
- AND**
- Any of the following:
    - Confusion, irritability, delirium, slurred speech
    - Decreased alertness, stumbling, seizures, loss of consciousness
    - Babies - refusal to feed, "floppy", difficult to rouse

**If these symptoms are present, CALL 9-1-1 immediately.**

*People suffering from heat stroke will likely be unable to cool themselves. Bystanders should move them to a cooler location if feasible and begin **RAPID COOLING** while waiting for help to arrive. This reduces the chance of serious injury or death.*

## RAPID COOLING INSTRUCTIONS

- 1. BEST:** Immerse body in cold water up to chest, ensure they can breathe and their head does not go under water.
- 2. BETTER:** Lay the person on a tarp. Have 2-3 people on either side pick up the tarp to form a taco shape. Pour cold water on the person. Roll the person back and forth in the water/ice while holding the tarp.
- 3. GOOD:** Remove clothing and pour as much cold water as possible on the person while ensuring they can breathe. Blow a fan on their wet skin.
- 4. OKAY:** Place icepacks on palms, soles, armpits, neck, and groin. Pour water on their skin and move to a cooler location if available.

## OTHER EMERGENCY HEAT SYMPTOMS

- Profuse Vomiting
- Passing out or prolonged feeling that you are about to pass out
- Brown urine (tea or coke color)
- Difficulty breathing, rapid breathing, or fast heart rate

If these symptoms are present, seek emergency care. These may be signs of more serious health problems.

## NON-EMERGENCY SYMPTOMS

*If experiencing other heat-related symptoms: move to a cooler location and drink water. If the symptoms don't improve, seek emergency care.*

*If signs of heat stroke develop, call 9-1-1 and begin rapid cooling.*



**Tear off, fold, and carry this wallet card with you**

### Signs of Heat Stroke

**CALL 911** if any of these symptoms exist during hot temperatures

- Body temperature over 104F (40C)
- AND any of the following:**
- Confusion, unresponsive, seizures, delirium, slurred speech, irritability, stumbling or persistent feeling that they will pass out

**CALL 911 FIRST**, while waiting for help to arrive **begin RAPID COOLING**

- **BEST:** Place person in tub of cold/ice water, ensure they can breathe and their head does not go underwater.
- **BETTER:** Lay person on a tarp, have 2-3 people pick up the sides to form a taco shape. Pour cold water and ice on the person while rolling them back and forth in the tarp.
- **GOOD:** Remove clothing and spray/splash water over as much skin surface area as possible, direct a fan on them.
- **OKAY:** Place ice packs on palms, soles, armpits, neck, and groin.