



Heatstroke

SYMPTOMS

- Feeling that the lungs and muscles are "on fire"
- Dry mouth
- Breathing difficulty
- Dizziness
- Nausea
- Blurred vision
- Hot, dry skin
- High fever
- Absence of sweating

IMPORTANT

- A child with heatstroke who does not revive within minutes after treatment is in danger and requires **immediate emergency care**.

EMERGENCY TREATMENT

1. Call for emergency help.
2. Remove the child's clothing and lay the child down, with the feet higher than the head, in a shady area.
3. Pour cold water over the child's body, rub the body with ice, and then fan the child to promote evaporation.
4. When the child is conscious and the body temperature is normal, give plenty of fruit juices to replace fluids and minerals lost during dehydration.
5. Watch the child closely and repeat treatment if the symptoms recur.

PRECAUTIONS

- Heatstroke can be fatal if not treated immediately.
- Heatstroke occurs most often when both temperature and humidity are high.
- Strenuous exercise within one week of an attack of heatstroke increases the possibility of another attack.
- Susceptibility to heatstroke is increased by lack of water, excessive sweating, vomiting, and diarrhea.
- Salt tablets are not helpful in preventing heatstroke.