

EMERGENCY PREPAREDNESS

HEAT *STROKE*?



Heat Stroke. (Very Serious)

Signs/symptoms:

- painful muscle cramping
- red skin that may be either hot, sweaty or dry
- rapid, weak pulse, shallow breathing or vomiting
- change in consciousness, person may be confused

First Aid Actions: Call 9-1-1

- Move to a cooler environment and rest
- Loosen any tight clothing
- Cool entire body with cool, wet towels on skin
- If conscious, give SMALL amounts of water.
Too much water, too fast, may cause vomiting
- Apply ice packs to neck, armpits, wrists, ankles & groins using thin barriers between ice & skin
- Try to keep patient calm

Check out our website, <https://epc.scpdcclubs.com>