Heat Stroke—Watch for these Signs!

**Heat Stroke** occurs when the body becomes unable to cool itself—body temperature rises rapidly and the sweating mechanism fails. The body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death if emergency treatment is not given.

**Warning signs** of heat stroke vary, but may include:
- an extremely high body temperature—above 103°F orally
- red, hot, DRY skin—sweating has ceased
- rapid, strong pulse
- throbbing headache
- nausea
- dizziness
- unconsciousness
- confusion

If you see any of these signs, you may be dealing with a life-threatening emergency. **Seek immediate medical assistance** and begin cooling the victim:
- move victim to shady area
- cool victim rapidly - for example, immerse him or her in a tub of cool water, place in a cool shower, spray with cool water from a garden hose, sponge with cool water, cover with cool, wet sheet
- monitor body temperature, and continue cooling efforts until the body temperature drops to 101 - 102°F.
- do not give victim alcohol to drink

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