



BEAT THE HEAT

Frequently Asked Questions

Heat Exhaustion

Heat exhaustion occurs when the body loses a large amount of water and salt, typically due to heavy sweating. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately by calling 21231231 and if symptoms worsen or last longer than 30 minutes call 112.

Symptoms:

Temperature may be normal or elevated (but not usually $>40^{\circ}\text{C}$), heavy sweating, weakness or tiredness, cool, pale and clammy skin, the heart beats fast, muscle cramps, dizziness, nausea or vomiting, headache, fainting.

How to manage it:

• Give First Aid:

- Move the person to a cooler environment, preferably a well-air-conditioned room.
- Loosen clothing.
- Apply cool, wet cloths, or have the person sit in a cool bath (not if dizzy or with altered level of consciousness).
- Place the person in a cool shower (do not do this if the person is dizzy); spray the person gently with cool water; sponge the person with cool water and use a fan/air-conditioning. Placing ice packs in axilla and/or groin is also helpful.
- Offer sips of water. **N.B. Any patient with an altered level of consciousness should not be given fluids to drink since this can lead to aspiration (the accidental breathing in of food or fluid into the lungs) .**
- Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 30 minutes.

