



BEAT THE HEAT

Frequently Asked Questions

Heat Stroke

Heat stroke is the most severe form of heat-related illness. It happens when the body loses the ability to regulate its temperature, leading to a swift increase in body heat. As the sweating mechanism shuts down, the body cannot cool itself, exacerbating the condition.

Symptoms:

Elevated core body temperature $>40^{\circ}\text{C}$ (104°F) and altered mental status (inappropriate behaviour, confusion, seizures, decreased consciousness, coma), throbbing headache, nausea, dizziness, hot, red, dry or damp skin, fainting, loss of consciousness.

How to manage it:

- **Call 112 or get the victim to a hospital immediately.** Heat stroke is a severe medical emergency. Delay can be fatal.
- Move the victim to a cooler, preferably air-conditioned environment.
- Reduce body temperature with cool clothes. Apply cool, wet cloths, spray the person gently with cool water; sponge the person with cool water and use fan/air-conditioning. Ice packs in the axilla and/or groin are also helpful.
- Do NOT give fluids.

What other complications can arise from extreme heat?

- Low quality sleep
- Acute kidney injury
- Complications with pregnancy, for example low birth weight baby and pre-term birth.
- It may cause the deterioration of pre-existing cardiovascular and respiratory diseases.
- An increase in the incidence of chronic kidney disease (CKD) has also been linked to heat waves.

