



HEAT EXHAUSTION

Heat exhaustion occurs when your body gets too hot. The hypothalamus, the part of the brain that controls thirst and hunger, also controls the body's core temperature. Normally, the body cools itself by sweating. But if you are exposed to high temperatures for a long time (working outdoors in the summer, for example) and don't replace the fluids you lose, the body systems that regulate temperature become overwhelmed. As a result, your body produces more heat than it can release. Heat exhaustion requires immediate attention because it can progress to heat stroke, a life-threatening illness. If body temperature goes above 104°F or if coma or seizure occurs, the patient may have heat stroke. Heat stroke can quickly lead to heart attack and death if not treated.

Signs and Symptoms:

- ★ *Heavy Sweating*
- ★ *Fatigue*
- ★ *Headache*
- ★ *Pale, Clammy Skin*
- ★ *Thirst*
- ★ *Rapid Heartbeat*
- ★ *Dizziness, Fainting*
- ★ *Nausea, Vomiting*
- ★ *Muscle Cramps*
- ★ *Mild Temperature Elevations*

Treatment Plan

- ** Stay in cool or air-conditioned spaces when possible on hot days.
- ** Check on those vulnerable to heat exhaustion
- ** Avoid alcohol, caffeine, and sugar, which can cause dehydration.
- ** Drink water or sports drinks sweetened with natural juices.
- ** Wear loose, lightweight clothing

