

HEAT EXHAUSTION VS. HEAT STROKE

THE DIFFERENCE

It's essential to understand the differences between heat stroke and heat exhaustion. Both conditions are heat-related illnesses caused by prolonged exposure to high temperatures, but they have distinct characteristics, causes, and levels of severity.

1

Heat Exhaustion

Heat exhaustion is a result of the body being unable to cool itself properly due to excessive heat and dehydration. It can progress to heat stroke if not addressed.

Symptoms:

- Heavy sweating
- Weakness
- Cold
- Pale and clammy skin
- Rapid heartbeat
- Nausea
- Vomiting
- Muscle cramps
- Dizziness
- Headache

2

Heat Stroke

Heat stroke is a medical emergency and can cause damage to the brain and other vital organs. It requires immediate medical attention.

Symptoms:

- High body temperature (usually above 104°F or 40°C)
- Hot and dry skin (lack of sweating)
- Rapid and strong pulse
- Throbbing headache
- Confusion
- Unconsciousness

3

Differentiating

Differentiating between these two conditions is crucial, as they can have severe consequences on the body's ability to regulate temperature and overall health.

PROTECT YOUR SKIN
FROM EXPOSURE TO HIGH TEMPERATURES

PREVENTION

To prevent heat illnesses like heat exhaustion and heat stroke,

Follow these guidelines:

Limit Physical Activity



Avoid strenuous activities during peak heat hours, usually between 10 a.m. and 4 p.m. If possible, schedule tasks for cooler parts of the day.

Cool Environment



Stay in air-conditioned spaces when possible. If your home isn't air-conditioned, visit public places

Stay Hydrated



Drink plenty of water throughout the day. Electrolyte-rich drinks can help maintain the body's electrolyte balance.

Clothing



Wear light-colored, loose-fitting, breathable clothing made from natural fabrics. Don't forget to

like malls, libraries, or community centers.

wear a hat and sunglasses to protect against sun exposure.

Sunscreen

Apply sunscreen with a high SPF to protect your skin from harmful UV rays, reducing the risk of sunburn and helping your body regulate temperature.



When to Seek Help:

It's crucial to recognize the signs of heat-related illnesses and seek medical assistance when necessary.

1. If someone is **experiencing symptoms of heat exhaustion**, move them to a cooler place, have them drink water, and rest. If symptoms worsen or don't improve within an hour, seek medical attention.
2. If someone is suspected to have **heat stroke**, call emergency services immediately. While waiting for help, move the person to a cooler place, lower their body temperature with cool cloths or a cool bath, and do not give them fluids to drink.

What to Look For:

When assessing whether someone is suffering from heat-related illnesses, pay attention to the following:

- 1. Body Temperature:** Check if the person's body temperature is elevated. Heat stroke is characterized by a very high body temperature.
- 2. Sweating:** Heat exhaustion usually involves heavy sweating, while heat stroke may result in hot and dry skin due to a lack of sweating.
- 3. Mental State:** Heat stroke can cause confusion, agitation, or even unconsciousness. Changes in mental state are significant indicators.
- 4. Other Symptoms:** Look for symptoms such as nausea, vomiting, rapid heartbeat, headache, dizziness, and muscle cramps. These can help distinguish between heat exhaustion and heat stroke.

Your health is a journey, and small, consistent efforts can make

a difference. Prioritize your well-being!



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