







## First Aid for Heat Stroke

### Stay Safe in the Summer - First Aid for Heatstroke

A heat wave is a condition of unusual hot weather, where the temperature hits more than 40 degrees C. This can lead to major health risks. The peak months of heat waves in India are from April to July. It is important to adopt preventive measures like proper hydration, light clothing and limit outdoor exposure during peak sunlight between 11 am to 4 pm.

What are the **Signs/Symptoms?**

 <p><b>Loss of consciousness</b></p>	 <p><b>Headache, dizziness &amp; tiredness</b></p>	 <p><b>Cramps in the arms and legs</b></p>
 <p><b>Extreme thirst &amp; excessive sweating/no sweating</b></p>	 <p><b>Rapid heartbeat</b></p>	 <p><b>Vomiting</b></p>

### First Aid for Heat Stroke:

- **Move to a cooler place:** Seek a shaded spot with good air circulation or an air-conditioned indoor area.
- **Drink plenty of fluids,** preferably water or an electrolyte-rich drink such as fruit juice. Avoid alcohol and caffeine, as they lead to further dehydration.
- **Remove any tight clothing,** such as socks to allow heat to escape through the skin.
- **Cooling Measures:** Wet a cloth or towel with cold water and place it on the forehead, neck, or wrists. You can also apply ice packs on the armpits, groin, and back. Take a cold bath.
- **Elevate legs:** If feeling dizzy or lightheaded, sit down and elevate your legs slightly. This can help improve blood circulation to the brain and reduce symptoms.

## **First Aid for Heat Stroke**

In most cases, the symptoms will subside in two to three days. Seek medical help if symptoms worsen. Hence any delay in getting proper treatment can damage the brain and other vital organs as acute heat stroke could be fatal.

### **To know more:**

- [List of emergency numbers in India](#)
- [Indian Red Cross manual for First Aid \(page 210\)](#)
- [How to handle other emergencies at home with First Aid](#)

**Your Health, Your Responsibility**