

HEATSTROKE OR STROKE?

WHAT IS IT?



Heatstroke occurs when core body temperature rises to more than

104°F¹

A stroke occurs when a blood vessel to the brain is either blocked by a clot or bursts.

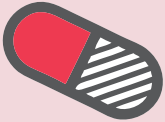


The disruption of blood and oxygen to the brain causes brain cells to die.

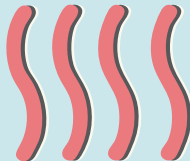
CAUSES

Some people may be at higher risk due to:

- Weight
- Age
- Medical history
- Medications they are taking²



Being outside in
**EXCESSIVE
HEAT**



80% OF STROKES ARE PREVENTABLE

Some risk factors that can be treated or controlled:

Heart disease
Obesity
Diabetes
Poor diet

High blood pressure
Cigarette smoking
Atrial fibrillation
High cholesterol

Some risk factors that can't be changed:

Age
Race
Family history

Gender
Medical history

SIGNS

HIGH BODY TEMPERATURE

A body temperature of 104° F or higher is the main sign.

- Muscle cramps or weakness
- Strong and rapid pulse
- Rapid, shallow breathing
- Nausea and/or vomiting
- Confusion and/or unconsciousness
- Headache
- Flushed/red skin
- Hot and dry skin³ (if not exercising)

F. A. S. T.

Face Drooping Arm Weakness Speech Difficulty Time to Call 9-1-1

* Additional signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

WHAT TO DO

While waiting for emergency care, try to cool the person by moving him/her to a shaded area and by using ice packs, cold wet towels and/or a fan.³

CALL 9-1-1

OR YOUR LOCAL EMERGENCY SERVICES NUMBER IMMEDIATELY

Stroke patients who arrive at the hospital by ambulance have a greater chance of living through the stroke, and a greater chance of preserving independence and having a full recovery.

(1) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/definition/con-20032814>

(2) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/risk-factors/con-20032814>

(3) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/symptoms/con-20032814>