

Heat Stroke

People over 65, overweight people or people who are ill and on medications are at the greatest risk for heat related illness.

Heat stroke is a serious heat-related illness

Heat stroke occurs when your body's temperature rises too rapidly

Signs of heat stroke include:

- rapid and strong pulse
- throbbing headache
- dizziness
- confusion
- high body temperature

If you are too hot you should:

- get to a shady area
- cool your body (for example fan yourself or spray your body with water)

In the warm weather

drink more liquid than your thirst indicates



wear light weight clothing and a wide brimmed hat

