

Information on Preventing Heat Stroke



Department of Health



Elderly Health Service

Symptoms of Heat Stroke



Mild symptoms:

Headache, dizziness, vomiting, paleness of the face, rapid heartbeat, cold sweating.

Severe symptoms:

Generalised convulsion, coma and even death.

People at Risk

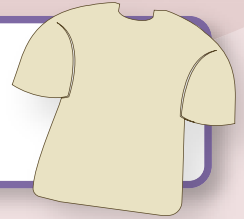


Elderly people, patients with chronic diseases, outdoor workers.

Preventive measures

Clothing

Wear loose, light coloured, cotton clothing



Drinks

If your body allows, drink plenty of water. Drink at least eight glasses (250ml each) of water everyday even if you are not sweating. Drink every two hours when staying indoors and every half an hour if you go outside. Remember to avoid alcohol, tea or coffee as they induce diuresis.



Housing

Maintain good indoor ventilation with fresh air



Transport

Before you go out, be aware of the weather report. When the Very Hot Weather Warning is in force, avoid exposure to sunlight and strenuous physical activity. Bring along your umbrella, drinks and wear a wide brim hat while going outdoors. Apply a sunscreen lotion once every two hours to protect your skin.



Caring of Heat Stroke



- 1** Immediately move the person to a sheltered place. Switch on the fan or air-conditioner for cooling if possible.
- 2** Wipe their body with a wet towel for cooling down.
- 3** If the person is conscious, give him/her plenty of cool drinks to replace the fluid lost.
- 4** If the person becomes unconscious or drowsy, send the person to the hospital as soon as possible.

