

A Particular Common Ailment

Heatstroke

- Is where the body is no longer able to cool itself and a person's body temperature becomes dangerously high (sunstroke is caused by prolonged exposure to direct sunlight).

Heat exhaustion

- Is where you become very hot and start to lose water or salt from your body, which can lead to the symptoms listed below.

Signs and symptom

- Tiredness and weakness
- Feeling faint or dizzy
- A decrease in blood pressure
- A headache
- Muscle cramps
- Feeling and being sick
- Heavy sweating
- Intense thirst
- A fast pulse

What to do

- Get them to lie down in a cool place – such as a room with air conditioning or somewhere in the shade
- Remove any unnecessary clothing to expose as much of their skin as possible
- Cool their skin –use whatever you have available, such as a cool, wet sponge or flannel, cold packs around the neck and armpits, or wrap them in a cool, wet sheet
- Fan their skin while it's moist – this will help the water to evaporate, which will help their skin cool down
- Get them to drink fluids – this should ideally be water, fruit juice or a rehydration drink, such as a sports drink

Stay with the person until they're feeling better. Most people should start to recover within 30 minutes.

If the person is unconscious, you should place the person in the recovery position.

If they have a seizure, move nearby objects out of the way to prevent injury.