

Heat and Sun Stroke Prevention

Heat stroke is a severe malfunction of the body associated with overheating. Sun stroke is a painful condition, malfunction of the brain due to prolonged exposure to sunlight.

Causes

- High ambient temperature
- Excessively stuffy weather and warm clothes
- Intense and exhausting physical activity
- Extreme and direct action of the sun on the head (sun stroke)

In critical cases, a person in strong heat or under the sun can lose consciousness, the body temperature can rise to 41°C.

Symptoms

- Dizziness
- Headache
- Heart palpitations
- Nausea
- Cold sweat
- Red skin
- Exhaustion

First aid

- Place the person in a colder place in order to cool the body faster. The ideal option is a bath with the water temperature 18-20°C or usual wetting of the person skin with water (also at room temperature) and gentle fanning (the air must be warm)
- If possible, put the ice on the person head and wipe his/her armpits and groin with alcohol. When cooled, the person may demonstrate sharp mental motor excitement
- If heat or sun stroke happened outdoors, the person must be immediately placed in the shade, freed from clothing as much as possible and laid so that the legs are higher than the head
- If the person is conscious, it is useful to drink water in small sips, the water should be at the room temperature
- If the person is unconscious, he/she must be taken to a hospital for further examination and treatment

Prevention

- Acclimatise to high temperatures: properly build your daily routine and drinking regime
- Prevent dehydration by avoiding increased physical activity and vigorous exercise
- Drink as many fluids as possible, especially pure water
- Going out on a hot day, give preference to clothes made of light natural fabrics and remember about a headdress
- In addition to getting enough fluids on hot days, eat as many fruits and vegetables as possible
- Use a sunscreen with the sun protection factor
- After being in the sun, have a swim or take a shower