

# HEAT EXHAUSTION VS. HEAT STROKE



It's essential to understand the differences between heat stroke and heat exhaustion. Both conditions are heat-related illnesses caused by prolonged exposure to high temperatures, but they have distinct characteristics, causes, and levels of severity.

## THE DIFFERENCE

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### Heat Exhaustion

**Heat exhaustion** is a result of the body being unable to cool itself properly due to excessive heat and dehydration. It can progress to heat stroke if not addressed.

#### Symptoms:

- Heavy sweating
- Weakness
- Cold
- Pale and clammy skin
- Rapid heartbeat
- Nausea
- Vomiting
- Muscle cramps
- Dizziness
- Headache

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### Heat Stroke

**Heat stroke** is a medical emergency and can cause damage to the brain and other vital organs. It requires immediate medical attention.

#### Symptoms:

- High body temperature (usually above 104°F or 40°C)
- Hot and dry skin (lack of sweating)
- Rapid and strong pulse
- Throbbing headache
- Confusion
- Unconsciousness

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### Differentiating

**Differentiating** between these two conditions is crucial, as they can have severe consequences on the body's ability to regulate temperature and overall health.

# PROTECT YOUR SKIN

FROM EXPOSURE TO HIGH TEMPERATURES

## PREVENTION

To prevent heat illnesses like heat exhaustion and heat stroke, **follow these guidelines:**

### Cool Environment



Stay in air-conditioned spaces when possible. If your home isn't air-conditioned, visit public places like malls, libraries, or community centers.

### Limit Physical Activity



Avoid strenuous activities during peak heat hours, usually between 10 a.m. and 4 p.m. If possible, schedule tasks for cooler parts of the day.

### Clothing



Wear light-colored, loose-fitting, breathable clothing made from natural fabrics. Don't forget to wear a hat and sunglasses to protect against sun exposure.

### Stay Hydrated



Drink plenty of water throughout the day. Electrolyte-rich drinks can help maintain the body's electrolyte balance.

### Sunscreen



Apply sunscreen with a high SPF to protect your skin from harmful UV rays, reducing the risk of sunburn and helping your body regulate temperature.

## When to Seek Help:

It's crucial to recognize the signs of heat-related illnesses and seek medical assistance when necessary.

1. If someone is **experiencing symptoms of heat exhaustion**, move them to a cooler place, have them drink water, and rest. If symptoms worsen or don't improve within an hour, seek medical attention.

2. If someone is suspected to have **heat stroke**, call emergency services immediately. While waiting for help, move the person to a cooler place, lower their body temperature with cool cloths or a cool bath, and do not give them fluids to drink.

## What to Look For:

When assessing whether someone is suffering from heat-related illnesses, pay attention to the following:

**1. Body Temperature:** Check if the person's body temperature is elevated. Heat stroke is characterized by a very high body temperature.

**2. Sweating:** Heat exhaustion usually involves heavy sweating, while heat stroke may result in hot and dry skin due to a lack of sweating.

**3. Mental State:** Heat stroke can cause confusion, agitation, or even unconsciousness. Changes in mental state are significant indicators.

**4. Other Symptoms:** Look for symptoms such as nausea, vomiting, rapid heartbeat, headache, dizziness, and muscle cramps. These can help distinguish between heat exhaustion and heat stroke.

**VISALIA**  
4004 S. Demaree St. #A  
Visalia, CA 93277  
**559.272.9549**

**HANFORD**  
740 N. Irwin St.  
Hanford, CA 93230  
**559.272.9551**



[www.healthwise.clinic](http://www.healthwise.clinic)

**PORTERVILLE**  
99 W Putnam Ave  
Porterville, CA 93257  
**559.272.9544**

**DINUBA**  
561 N Alta Ave. Suite A,  
Dinuba, CA 93618  
**559.725.8165**