



# Heat stroke

## Heat stroke

This condition can happen when a person's body gets too hot, and body temperature reach to 104°F (40°C) or higher, because of exposure to the heat of the sun for a long time and without drinking adequate amount of fluids, this condition is accompanied by skin redness, headache, muscle cramps or weakness, Trouble walking difficulty walking, and even loss of consciousness and Passing out

### How can I help myself or others in this situation?

- Move into the shade area away from heat source
- Remove unnecessary extra clothing
- Put a cold pack or cool cloth on the neck, armpits, and groin
- Take a cool shower, or spray the body with cool water, and then sit in front of a fan.
- Drink water

### To prevent getting heatstroke:

- Wear loose, lightweight clothes.
- Wear light-colored clothes.
- Avoid going out during times of extreme heat and exposure to the sun for a long time.
- Avoid highly crowded areas
- drinking adequate amount of fluids
- Take a cover from the heat of the sun, such as using an umbrella while exposed to it

### Medical intervention is required in the event of:

- Vomit.
- Bad symptoms.
- Symptoms persist for more than an hour.

For emergency and medical help, please call:  
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فقيه.

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Fakeeh Care Group

