

Prevention of Heat Stroke English Version

What is heat stroke?

The human body can regulate internal temperature within safe limit spontaneously. When we get hotter, our body will trigger responses such as sweating and increasing breathing rate to cool down. However in extremely hot environment these responses cannot effectively cool down our body temperature then heat exhaustion or even heat stroke can occur.

Symptoms of heat exhaustion and heat stroke:

- ❖ Giddiness
- ❖ Headache
- ❖ Nausea
- ❖ Shortness of breath
- ❖ Mental confusion
- ❖ When the Body temperature reaches 41°C or higher
- ❖ Convulsion or become unconscious which is heat stroke

At risk people:

- ❖ The obese
- ❖ The sick (including those with heart disease and high blood pressure)
- ❖ The elderly
- ❖ Children



Precautions for heat stroke

Pay attention to the weather warning issued by the Hong Kong observatory and take the following measures:

- ❖ Wear light-coloured, loose clothing to reduce heat absorption and facilitate sweat evaporation.
- ❖ Avoid doing vigorous outdoor exercise, including prolong activities such as hiking or trekking during extremely hot weather.
- ❖ Perform outdoor activities in the morning or evening, if possible
- ❖ If you must work in a hot environment, introduce shading in the work area where practicable. Take a break every now and then in a cool area to recharge yourself
- ❖ Bring and drink plenty of fluid to prevent dehydration.
- ❖ Avoid beverage containing caffeine (e.g. coffee and tea) or alcohol, since these substances will speed up water loss from the body through the urinary system.
- ❖ Do not stay inside parked vehicles.

Stop immediately and seek medical advice as soon as possible, if feeling unwell.



TEL: 23443019

Reference: Prevention of Heat Stroke
<http://www.cheu.gov.hk>