

Symptoms of heatstroke

- Dizziness
- Lightheadedness
- Heavy sweat
- Muscle pain
- Muscle rigidity (leg cramps)



➤ If the symptoms progress...



- Headache
- Vomiting
- Feeling unwell
- Feeling weak
- Nausea
- Fatigue, feeling exhausted
- Decline in concentration and decision-making abilities

➤ If the symptoms progress...

- Unconsciousness
- Convulsion
- Inability to walk
- Decreased response to stimuli
- High body temperature



To prevent heatstroke

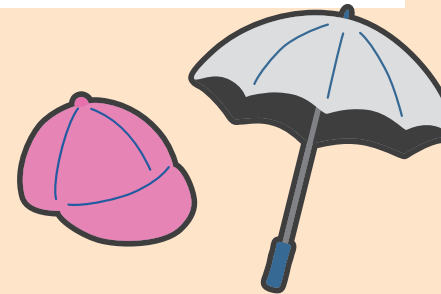
Stay hydrated and replenish salts



Check the weather information and Wet-Bulb Globe Temperature (WBGT)



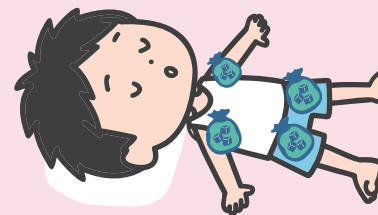
Use a sunshade or a hat



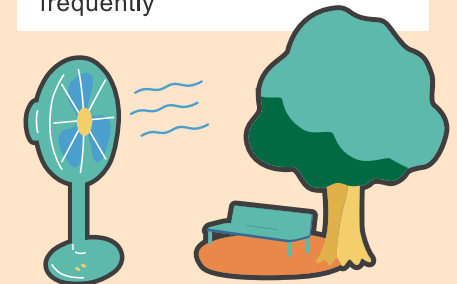
Wear breathable clothing



Cool the body with a frozen gel pack, ice, and/or cold towel, etc



Use the shade and take breaks frequently



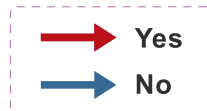


How to call an ambulance

What to do when heatstroke is suspected

- Move to a cool place.
- Cool the areas around the neck, under the arms as well as groins using a frozen gel pack, ice, and/or cold towel, etc.

Steps when dealing with heatstroke



Symptoms of heatstroke

Unconsciousness and no response when being called

Inability to drink water

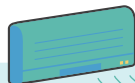
No improvement in symptoms

Call 119

Go to a hospital



Observation after taking an affected person to a cool place and letting him/her rest



An ambulance is sent out as soon as the address is confirmed. In the meantime, **try to calm down** and tell us the symptoms, age and gender of the person who needs an ambulance.



Let the staff know the language you speak

Questions you will be asked

Q.1 Is it a fire or do you need an ambulance?

A.1 Ambulance

Q.2 Where is the location of the emergency?

A.2 Address:

School:

Q.3 What happened?

A.3 What happened to whom? And how did it happen?

Q.4 How old is the person who is feeling unwell?

A.4 XX years old.

Q.5 Please tell the caller's name and contact information.

A.5 I am XXX at XXX school. My telephone number is XXXXX.

Notes

You might be asked about the state of injury or acute illness, medical history, medication and home doctor.