

Heat Stroke



Pre-reading

Questions: What do you know about heat stroke? What questions do you have about the subject?

Definitions: Regulate – to control or adjust in order for something to work well

Throb – pound; to beat strongly

Nausea – a sick feeling in the stomach

° - symbol meaning the word degree or degrees

F – abbreviation for the word Fahrenheit

Reading

Even short periods of high temperatures can cause serious health problems. Doing too much on a hot day, spending too much time in the sun, or staying too long in an overheated place can cause heat related illnesses. The most **serious** is heat stroke. It can cause brain damage and even death.

Heat stroke occurs when the body is unable to regulate its temperature. This happens when the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106° F or higher within ten to fifteen minutes.

Warning signs of heat stroke may vary, but can include: body temperature above 103° F; throbbing headache; red, hot, dry skin with no sweating; fast, strong pulse; dizziness; nausea; confusion. If you see someone with any of these signs, you may be witnessing a life-threatening emergency. Have someone call 911 while you begin cooling the **victim**.

Do the following:

- Get the victim to a shady area.
- Cool the victim using whatever methods you can. Place the victim in a tub of cool (not cold) water; place the person in a cool shower; spray or mist the victim with cool water from a garden hose; sponge the person with cool water; cover the victim with damp sheets.
- Get medical help as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Be sure to take care of yourself, too. Heat related illnesses are preventable. Keep cool and use common sense. Avoid hot foods and heavy meals. They add heat to your body. Drink plenty of fluids, even before you are thirsty.

Try to limit your sun exposure during mid-day hours. Dress infants and children in cool, loose clothing. Use hats to shade their faces and heads. Dressing in cool clothes and wearing a hat is also good advice for adults. During extreme heat, do not leave children of any age in a parked car.

Understanding

1. What are some symptoms of heat stroke? _____

2. What does the word **serious** mean? _____

3. Where should you never leave children, especially if it's hot outside? _____

4. If a heat stroke victim is vomiting, what should be done to him or her? Why? _____

5. What does the word **victim** mean? _____

6. Define heat stroke. _____

7. How can you prevent heat stroke? (List at least three ways.) _____

Writing

Option A: Summarize the reading in your own words.

Option B: Write about someone you know who has suffered from heat stroke.

Option C: What new things did you learn? How will the new things learned, change your behavior in hot weather?
