

## Heat stroke and Hydration

Heat stroke is a very seriously and potentially dangerous heat injury that requires medical attention immediately. The medical definition of heat stroke is a core body temperature of 105 degrees Fahrenheit or higher. If you've spent a lot of time in the sun and you're experiencing any of the symptoms below, it's important to seek medical attention immediately.

### 10 Signs of Heat Stroke

#### **1. Incredibly Hot Skin**

Incredibly hot, red skin is one of the most popular signs of heat stroke. A simple sunburn will also present this symptom (red, hot skin) but the situation becomes dangerous when your body temperature stays higher than 105.

#### **2. Dizziness and Fainting**

In addition to an internal body temperature greater than 105 degrees Fahrenheit, dizziness and fainting are the next most common symptoms of heat stroke

#### **3. Extreme Fatigue**

Spending a day in the sun can be exhausting at the best of times, however, if you're experiencing some of the other symptoms on this list along with extreme fatigue, it may be a sign of heat stroke.

#### **4. Nausea**

Nausea combined with upset stomach, fatigue and dizziness is another sign of heat stroke

#### **5. Vomiting**

Feeling nauseous is one thing, but actually vomiting is another. If your nausea has progressed into vomiting, this is a definite sign of heat stroke

#### **6. Rapid Heartbeat**

A rapid heartbeat after spending time in the sun can be an indication of a serious problem

#### **7. Mental Confusion**

Individuals who have heat stroke often feel dizzy but mental confusion is also a popular symptom. If you're having difficulty thinking, remembering or focusing, it may be an indication that you're suffering from heat stroke

#### **8. Seizures**

Seizures are a very serious (and very dangerous) symptom of heat stroke that requires immediate medical attention.

#### **9. Lack of Sweating**

One of the differences between heat exhaustion and full-blown heat stroke is a lack of sweating

#### **10. Severe Headache**

If you've spent time in the sun and you're experiencing a severe headache, you may be suffering from heat stroke

So to avoid getting heat stroke limit time in direct sun. Plan outdoor activities during morning or later afternoon avoiding the peak of sun and heat elements. Keep well hydrated. Drinking additional fluids during the hot days can help. Avoid caffeine because caffeine tends to dehydrate. Know your body and be aware of signs.

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. You should drink water every day. Most people have been told they should drink 6 to 8, 8-ounce glasses of water each day. That is a reasonable goal. If you are concerned that you are not drinking enough water, check your urine. If your urine is colorless or light yellow, you are well hydrated. If your urine is a dark yellow or amber color, you may be dehydrated. Water is best way to stay hydrated but there are fruits and veggies one can eat that can help with maintaining water balance. Below is a list of some popular summer items that can help maintain a person's fluid intake:

Celery

Watermelon

Fresh Mint in water or other beverages

Snow peas

Cucumbers

Tomatoes

Pomegranate

Kiwi

