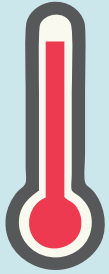


# HEATSTROKE OR STROKE?

## WHAT IS IT?



Heatstroke occurs when core body temperature rises to more than

**104°F**<sup>1</sup>

A stroke occurs when a blood vessel to the brain is either blocked by a clot or bursts.

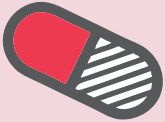


The disruption of blood and oxygen to the brain causes brain cells to die.

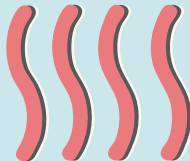
## CAUSES

Some people may be at higher risk due to:

Weight  
Age  
Medical history  
Medications they are taking<sup>2</sup>



Being outside in  
**EXCESSIVE  
HEAT**



**80% OF STROKES ARE PREVENTABLE**

Some risk factors that can be treated or controlled:

Heart disease  
Obesity  
Diabetes  
Poor diet

High blood pressure  
Cigarette smoking  
Atrial fibrillation  
High cholesterol

Some risk factors that can't be changed:

Age  
Family history

Race  
Gender  
Medical history

## SIGNS

### HIGH BODY TEMPERATURE

A body temperature of 104° F or higher is the main sign.

- Muscle cramps or weakness
- Strong and rapid pulse
- Rapid, shallow breathing
- Nausea and/or vomiting
- Confusion and/or unconsciousness
- Headache
- Flushed/red skin
- Hot and dry skin<sup>3</sup> (if not exercising)

**F. A. S. T.**

Face Drooping

Arm Weakness

Speech Difficulty

Time to Call 9-1-1

\* Additional signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

## WHAT TO DO

While waiting for emergency care, try to cool the person by moving him/her to a shaded area and by using ice packs, cold wet towels and/or a fan.<sup>3</sup>

**CALL 9-1-1**  
OR YOUR LOCAL EMERGENCY SERVICES NUMBER IMMEDIATELY

Stroke patients who arrive at the hospital by ambulance have a greater chance of living through the stroke, and a greater chance of preserving independence and having a full recovery.

(1) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/definition/con-20032814>

(2) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/risk-factors/con-20032814>

(3) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/symptoms/con-20032814>

© 2014, American Heart Association.