

## Preparation for emergency

### 17 Do you know how to treat heat stroke?

If a person does not feel well during long term work at a hot place, suspect heat stroke.

Move the person into a cool environment and lay him/her down on the ground with loosen his/her clothing.

Cool the person body by applying a cold wet towel or ice to limb and by sending wind with a paper fan and clothes.

Rehydrate the person with sports drinks. Get an additional treatment if he/she has symptoms as follows:

#### **1. In the case of having cramp of limbs or abdominal muscle after heavy sweating and drinking water**

Give one litter of 0.9% saline solution (add nine grams salt into one little of water).

If no improvement after a while, be taken to see a doctor.

#### **2. In the case of having fatigue, feeling of weakness, dizziness, nausea , headache, and ill complexion without increasing body temperature or even little increasing**

Give sports drinks or one litter of 0.2% saline solution to restore physical strength.

If no improvement after a while, be taken to see a doctor.

If the person is unable to take fluids and tend to increase in body temperature, call an ambulance.

#### **3. The survival rate goes down if the person has the following symptoms: cannot stand up, unsteady on one's feet, feeling groggy, act weird, and increase in body temperature.**

Call an ambulance right away and then cool the person's body by applying water or ice until an ambulance arrives.

Applying Ice or iced pack to head, cervix, armpit, and groins are effective to cool down.

Do not give fluids to the person who is unable to swallow since choking can occurs.