

Heat Illness & Heat Stroke

Prevention and first response

Prevent heat illness

- Drink fluids regularly during hot weather unless you have a prescribed fluid restriction.
- Avoid intense outdoor exertion during peak heat when possible.
- Use light clothing, shade and ventilation.
- Check older adults, infants and people taking medicines that affect heat tolerance.

Possible heat stroke

- Very high body temperature with confusion, collapse, seizure or altered behaviour is a medical emergency.

Move the person to a cooler place, remove excess clothing, begin active cooling with cool water/wet cloths/fans and seek emergency medical help immediately. Do not delay transport while trying to normalize the temperature completely.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.