



# HEAT STROKE VS STROKE

## What and Why



Heat stroke is when your body overheats and core body temperature rises to more than

**104°F**

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.



## Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight



**UP TO 80% OF STROKES MAY BE PREVENTED**

Factors you may be able to treat and control:

Atrial fibrillation  
Cigarette smoking  
Diabetes  
Heart disease

High blood pressure  
High cholesterol  
Obesity  
Poor Diet

Factors you cannot control:

Age  
Race

Family history  
Medical history

## Signs

Body temperature of 104° F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

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

Face Drooping

Arm Weakness

Speech Difficulty

Time to Call 911

\* Other 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, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

**CALL 911**  
or your local emergency services number ASAP

Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.