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.

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

**WHAT TO DO**

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.

**STROKE**

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.

**WHAT IS IT?**

Heatstroke occurs when core body temperature rises to more than **104°F**

**CAUSES**

Some people may be at higher risk due to:

- Weight
- Age
- Medical history
- Medications they are taking

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
- Atrial fibrillation
- High cholesterol

Some risk factors that can’t be changed:

- Age
- Race
- Family history
- Gender
- Medical history

**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 (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.

**SIGNs**

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.

**HEATSTROKE OR STROKE?**

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


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