

# EMERGENCY TREATMENT FOR HEATSTROKE



If you suspect someone has heatstroke, call 999.

While waiting for the ambulance:

1. Take the person's temperature.
2. If possible, move them somewhere cooler.
3. Cool them down as quickly as possible by giving them a cool shower, sprinkling them with water or wrapping them in a damp sheet, and using a fan to create an air current.
4. Encourage them to drink fluids if they are conscious.
5. Give them a saline drip and oxygen if they are unwell.
6. Do not give them aspirin or paracetamol.

