



EMERGENCY TREATMENT FOR HEATSTROKE

If you suspect someone has heatstroke, call 999.

While waiting for the ambulance:

1. Where able take the person's temperature.
2. Move the person somewhere cooler, if possible.
3. Try to cool them down as quickly as possible by sprinkling them with water or wrapping them in a damp sheet and using a fan, where one is available, to create an air current.
4. Encourage them to drink fluids if they are conscious.
5. Do not give them aspirin or paracetamol.



Source:
Supporting vulnerable people before and during a heatwave:
for health and social care professionals