

First Aid for Heatstroke

If someone around you suffers from heatstroke... Stay calm, assess the situation, and take appropriate action. Initial treatment is crucial.

What should you do if you suspect heatstroke?



Check1

Are there any symptoms that suggest heatstroke?
(Dizziness, fainting, muscle pain, muscle stiffness, excessive sweating, headache, discomfort, nausea, vomiting, fatigue, exhaustion, impaired consciousness, convulsions, motor dysfunction in the limbs, high body temperature)

YES

Check2

Does the person respond when called?

NO

Call an ambulance.



Time spent waiting for an ambulance

Begin first aid while waiting for the ambulance to arrive. Do not force the person to drink water if they are unresponsive or slow to respond when spoken to.

YES

Move to a cool place, loosen the clothing, and cool his/her body.



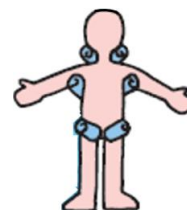
If the person is sweating heavily, sports drinks containing salt, oral rehydration solutions, or salt water are recommended.

Check3

Can the person drink fluids on his/her own?

NO

Move to a cool place, loosen the clothing, and cool his/her body.



If there are ice packs or similar item, focus on cooling the neck, armpits, and the tops of his/her thighs.

YES

Replenish fluids and salt.

Check4

Have the symptoms improved?

NO

Seek medical attention promptly.



Have someone who knows the circumstances of the collapse accompany the patient to explain the situation at the time of onset.

Stay quiet and get plenty of rest, then go home once recovered.

※In cases of exertional heatstroke caused by sports, strenuous work, or intense physical activity, cooling methods such as immersing the entire body in cold water are effective.