

Long-Term Care Survey Alert

Tool: Tune In to These Signs of Heat Stroke in the Elderly

This condition warrants a 911 call for an ambulance.

The warning signs of heat stroke, which can vary, include the following, according to the Centers for Disease Control & Prevention (CDC):

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea.

Recommended interventions: Signs of severe heat stress may signal a life-threatening emergency, the CDC warns. "Have someone call for immediate medical assistance while you begin cooling the affected person." Perform the following actions, quoted directly from the CDC:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Get medical assistance as soon as possible.