

Mayo Clinic Minute

Heat emergency

Video	Audio
Vivien Williams	When the temperatures soar, so does your risk of heat exhaustion and heat stroke.
Luke Wood, D.O. Emergency Medicine Mayo Clinic	“When people are either overdressed for the conditions or they’re not drinking enough water, they are especially prone to developing symptoms.”
Vivien Williams	Dr. Luke Wood says symptoms of heat exhaustion include headache, dizziness and profuse sweating. And symptoms of the more serious heat stroke include confusion or altered mental status [and] clammy skin. And you might stop sweating.
Luke Wood, D.O.	“That’s really a situation where they need to come in and be evaluated.”
Vivien Williams	And it’s not just the heat. High humidity can cause heat-related health issues, too, especially if you’re dehydrated. So drink a lot of water.
CLIP 826G0837 at 00:57	“If somebody goes out into the heat and they’re already dehydrated, and it’s particularly humid weather, then they’re losing even more fluid.”
Vivien Williams	If symptoms develop, get the person out of the sun. Find shade. Get them to drink cool water, and seek medical help if you suspect heat stroke. Dr. Wood says young children and the elderly are particularly vulnerable. For the Mayo Clinic News Network, I’m Vivien Williams.