



BlueCross BlueShield of Illinois



BlueResourceSM – Protecting Your Health – Preventing Heat Stroke

A Deadly Health Risk Is Heating Up

Extreme temps are causing a wave of heat strokes. Often deadly ones. When the body's core temperature hits 104°F (40°C) or higher, organs and the central nervous system can be damaged or shut down. Know how to protect yourself and others.

Watch for these warning signs:

- Dry skin, no sweat
- Confusion, agitation, slurred speech
- Nausea and vomiting
- Shallow breathing
- Rapid heart rate
- Head pain

Act fast to cool the body:

- Seek shade or air conditioning
- Take off extra clothing
- Sip water or a sports drink slowly
- Place ice packs on the head, neck and armpits
- Spray or mist skin with cool water
- Call **911** for help



Keep cool during extreme heat.

Sources: Heat Stroke. Mayo Clinic. 2023.
Heat Stroke Isn't Just a Short-Term Danger. Time 2024.

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