

23cm

12cm

12cm

12cm

HEALTH EFFECTS OF HEAT ILLNESS ON THE BODY

An increase in heat-related health problems is common during heat waves. Common symptoms of heat-related illnesses are:

-  Dehydration
-  Nausea
-  Fatigue
-  Confusion or anxiety
-  Exhaustion
-  Dizziness
-  Heavy sweating
-  Muscle cramps or aches
-  Faster and weaker pulse
-  loss of conscious or fainting

Heat-related illnesses are preventable and treatable, but can become fatal if symptoms are not addressed in a timely way. Heat stroke is a serious condition where the body temperature raises to dangerous levels, and it can lead to death.

WHAT TO DO IN CASE OF EMERGENCY

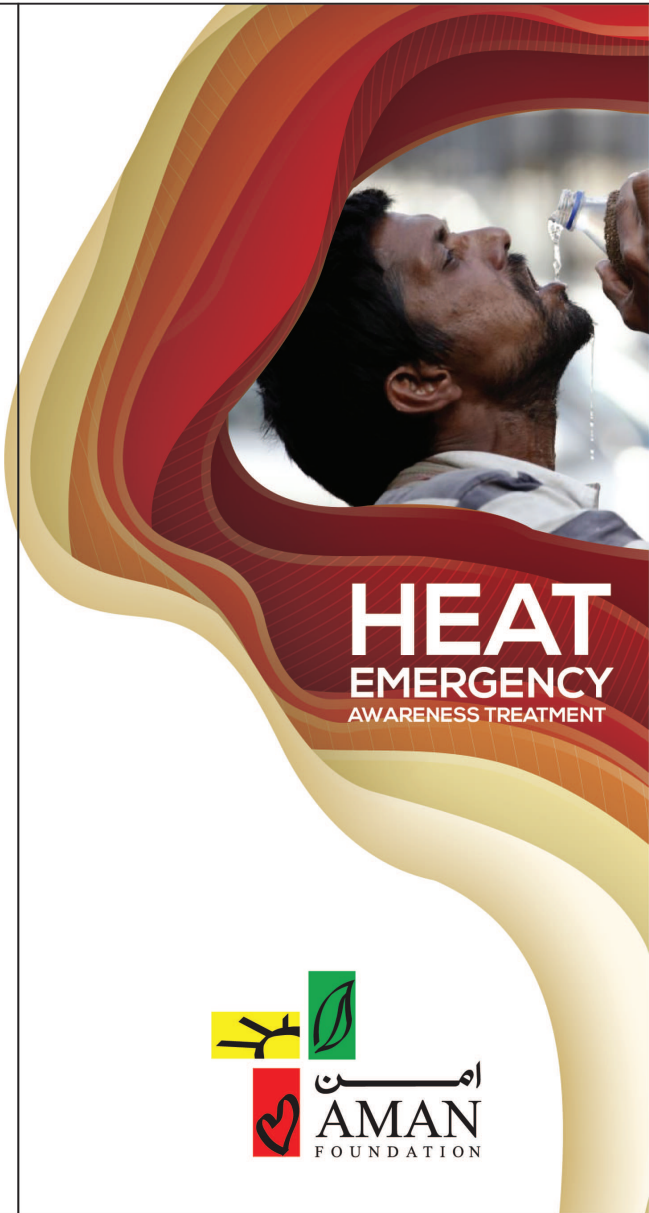
-  Move the person to a cooler place
-  Remove excessive clothing
-  Immerse victim in a cool bath
-  Contact hospital in case of breathing problems
-  In case of vomiting or unconsciousness, do not give anything to eat or drink

IN CASE OF AN EMERGENCY
Aman Clinic, Morirro Hall,
Ibrahim Hyderi, Karachi

Aman Telehealth
9123 or
021-111-11-923
for Heat Health Advice

Aman Ambulance
1021
for Medical
Emergency Service

This project is funded by Elrha's Research for Health in Humanitarian Crises (R2HC) Programme, which is funded equally by the Wellcome Trust and DFID



HEAT EMERGENCY

AWARENESS TREATMENT

