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 consciousness 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, Morrota Hall, Ibrahim Hyderi, Karachi
Aman Telehealth 9123 or 021-111-1-923 for Heat Health Advice
Aman Ambulance 1021 for Medical Emergency Service

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