

# Sunstroke.

- **1. Definition.**
- A sunstroke is a painful condition, an upset of the brain due to intense or prolonged exposure to sunlight on the surface of the head.
- **2. Symptoms.**
- Sunstroke is accompanied by headache, lethargy, vomiting, fever (sometimes above 40 ° C), pulse, breathing, convulsions, agitation and other symptoms. In severe cases - coma and even death. Symptoms of overheating are aggravated when the humidity of the environment increases.
- **3. Causes.**
- In consequence of direct sunlight on the body for a long time and the absence of a headress.
- **4. Prevention.**
- To avoid sunstroke, in hot sunny weather, it is recommended to wear light headwear made from light material, which is more reflective of sunlight and the same clothes that do not interfere with evaporation. It will be useful to reduce the load and make more frequent breaks during work and when traveling under sunlight. It is important to avoid overflowing the stomach and drinking alcohol; A preventive measure is a plentiful introduction of a liquid - 9-15 liters per day.
- **5. Help.**
- The victim must be transferred to the shade, make a cold compress, use wet wraps, etc. In severe cases - artificial respiration.



## Первая помощь при солнечном ударе

