

Warning signs of a heat stroke

With record breaking heat waves being experienced all over the world, heat stroke is a very real risk that many of us will face even without realising. A heatstroke, also called a sun stroke, is the most serious form of harm caused by exposure to extreme heat, usually indicated by a core body temperature of 104°C. But there are warning signs of a heatstroke in the making, and we can all look out for the following symptoms to help avoid it for ourselves and prevent it in the people around you.

Extreme headache

Prolonged exposure to too much heat often causes headaches, and can also trigger people's migraines.

Extreme thirst, dehydration, sweating

With the approaching sun stroke, the affected can feel extreme thirst, as well as dehydrated and clammy. The body produces excessive sweat in a bid to cool itself down.

Rapid heart rate

During the presentation of a heat stroke, a person can experience faster than normal pulse, and feel their veins throbbing.

Hyperventilation

Shortness of breath and rapid heavy breathing are also symptoms of a heatstroke.

Nausea

The headache, fast pulse, and lack of oxygen from hyperventilation can make the person feel nauseated.

Irritability, confusion or delirium

Prolonged exposure to heat can cause irritability, make people feel angry, irrational, and even delirious.

Slurred speech

Another manifestation of an approaching heatstroke is slurred speech, where the person's word become incoherent and garbled.

Muscle cramps

One of the earlier and less noticed symptom of sun stroke is muscle cramps, which could appear to be random muscle pain or cramps.

Weakness and fainting

Overheating of the body makes it work

more than normal, creating more fatigue and weakness, and can also lead to fainting.

No sweating

One counterintuitive symptom of a heat stroke is no sweating despite the heat. It usually indicates that the body has lost too much of its water to make any more sweat, or its natural cooling mechanism is now failing.

As exposure to heat becomes unavoidable for many, it is advisable to seek shade whenever possible, as well as stay hydrated consciously while staying away from artificial sugary drinks, to stay safe from the pitfalls of a sunstroke.

By Sania Aiman

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

You will meet new friends this week. Don't depend on co-workers for help. Focus on solving existing problems. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Sign up for seminars that will enlighten you. Lovers may prove unworthy of affection. Money problems can get worse. Your lucky day this week will be Monday.



GEMINI (MAY 22-JUN. 21)

Be careful not to reveal private information. Your compassion will be appreciated. Career moves can be realised. Your lucky day this week will be Thursday.



CANCER (JUN. 22-JUL. 22)

Don't let yourself be deceived. Your outgoing nature will win hearts. Avoid making changes to your residence. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

Take care of any pending responsibilities. Try to include everyone in your plans. Be careful with secrets. Your lucky day this week will be Saturday.



VIRGO (AUG. 23-SEP. 23)

Make plans with friends. Pamper yourself because you deserve it. Be innovative. Your lucky day this week will be Friday.



LIBRA (SEP. 24-OCT. 23)

Make extra cash through creative hobbies. Hard work will bring rewards. Past partners may try to come back into your life. Your lucky day this week will be Friday.



SCORPIO (OCT. 24-NOV. 21)

Don't be too quick to judge. Someone may try to damage your reputation. Compromise may be necessary. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Think before committing to anything. Get out and socialise. Resistance will lead to conflict at home. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Find ways to raise your earning power. Don't let your partner hold you back. Friends may not be loyal. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Colleagues will help you with your work. Your concern for family will be appreciated. Relationships will become stronger. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Cultural activities will be enjoyable. Take the time to help those less fortunate. Don't torment yourself. Your lucky day this week will be Saturday.

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