

HEAT EXHAUSTION

Supportive Management

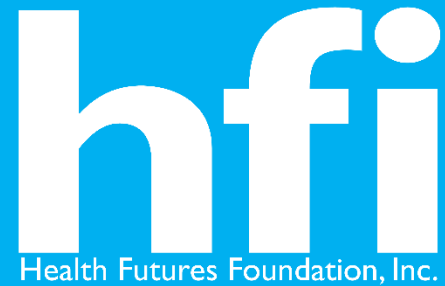
- Stop the affected person from continuing with his or her activity and let him or her rest.
- Get the person out of the heat, and into a near shaded, cool place. If possible, bring the affected person to an air-conditioned place.
- Assist him or her in removing excess and constrictive clothing.
- If possible, place a fan in front or nearby the affected person.
- Let affected person drink plenty of fluids – cool water or electrolyte-rich sports drink such as Gatorade. Avoid giving him or her coffee or alcohol as they are both dehydrating.
- Apply cooled towels, sponges, or fabric (whichever is readily available) on the affected person's skin. Apply them on the forehead, groin, and armpits. Have him or her take a cool bath or shower, or assist him or her with a cool sponge bath (use cool towels).
- Stay with the affected person until he or she feels better.

Herbal Medicine

- **Saha ng Saging/Balat ng Punong Saging (Sheathing Leafstalks of the Banana)**
 - Wrap the fresh sheathing leafstalks of the banana around the neck, armpits, and groins of the person with fever. Replace the used sheathing leafstalks with a new one as needed (e.g. when the sheathing leafstalks have become warm).

Consult doctor immediately if affected person experiences any of the following:

- Temperature of 40° C or higher
- No improvement of symptoms within an hour
- Skin that has stopped sweating
- Confusion
- Loss of consciousness
- Seizure



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