

BEAT THE HEAT!

DELAWARE COUNTY EMA



Dehydration and Heat Stroke

- ✓ **Dehydration:** Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. Without enough, your body can't function properly. If you don't replace lost fluids, you may become dehydrated.
- ✓ **Heat Stroke:** Heat stroke is a medical emergency. It is a condition caused when your body overheats, and is generally a result of prolonged exposure to high temperatures. Heatstroke can occur if your body temperature rises to 104 F (40 C) or higher. You should seek emergency treatment. Untreated heatstroke can quickly damage your brain, kidney, heart and muscles.

