

## **Heat Exhaustion vs. Heat Stroke: Know the Difference**

OSF HealthCare Newsroom

Matt Sheehan – Media Relations Coordinator

### **BROADCAST SCRIPT**

INTRO:

ILLINOIS AVERAGES 10 DAYS WITH TEMPERATURES AT OR ABOVE 90 DEGREES EACH YEAR – ACCORDING TO THE ILLINOIS STATE CLIMATOLOGIST.

IN TYPICAL JULY FASHION – TEMPERATURES ARE EXPECTED TO BE REACHING AND TOPPING THE 90 DEGREE MARK IN THE COMING WEEKS.

### **TAKE VO**

THIS SUMMER WEATHER PUTS MANY PEOPLE AT RISK FOR HEAT EXHAUSTION AND HEAT STROKE. NOT ONLY OUTDOOR WORKERS – BUT KIDS... OLDER ADULTS... AND THOSE WITHOUT WORKING A/C IN THEIR BUILDINGS COULD BE AFFECTED.

DR. BRIAN CURTIS WITH OSF HEALTHCARE SAYS PREPARATION AND AWARENESS ARE KEYS TO STAYING SAFE IN THE SUMMER HEAT. HE RECOMMENDS STICKING TO HYDRATING LIQUIDS LIKE WATER AND SPORTS DRINKS... AND AVOIDING CAFFEINATED BEVERAGES AND ALCOHOL. HE ALSO SAYS TO TAKE BREAKS WHILE OUTSIDE... BE ABLE TO GET IN THE SHADE... AND USE THE BUDDY SYSTEM TO TAKE CARE OF ONE ANOTHER.

### **TAKE 18 SECOND SOT**

“You’ll go from heat exhaustion before you get to heat stroke. Heat exhaustion is where people are cool, clammy, sweating profusely, and they may have some nausea or vomiting. They usually have some severe muscle cramping with it.”

### **VO TAG**

DR. CURTIS SAYS IF HEAT EXHAUSTION IS NOT RECOGNIZED AND TREATED QUICKLY – HEAT STROKE CAN THEN HAPPEN. HEAT STROKE IS WHERE THE PERSON WILL HAVE DRY SKIN... A TEMPERATURE OF 102 PLUS DEGREES... THEY CAN ALSO BE CONFUSED OR UNCONSCIOUS. DR. CURTIS SAYS THAT’S A MEDICAL EMERGENCY – AND YOU NEED TO CALL 9-1-1.

### **VO/SOT #2**

ILLINOIS AVERAGES 10 DAYS WITH TEMPERATURES AT OR ABOVE 90 DEGREES EACH YEAR – ACCORDING TO THE ILLINOIS STATE CLIMATOLOGIST.

THIS UPCOMING WEEKEND – TEMPERATURES ARE EXPECTED TO BE REACHING AND TOPPING THE 90 DEGREE MARK IN THE COMING WEEKS.

### **TAKE VO**

THIS SUMMER WEATHER PUTS MANY PEOPLE AT RISK FOR HEAT EXHAUSTION AND HEAT STROKE.

DR. BRIAN CURTIS WITH OSF HEALTHCARE SAYS HOSPITALS SEE HEAT STROKE PATIENTS EVERY SUMMER. HEAT STROKE PATIENTS MAY HAVE DRY SKIN... AND A TEMPERATURE OF OVER 102 DEGREES. THEY COULD BE CONFUSED OR EVEN UNCONSCIOUS. HE SAYS PATIENTS AREN'T ALWAYS OUTSIDE WHEN HEAT EXHAUSTION OR HEAT STROKE HAPPEN.

### **TAKE 21 SECOND SOT**

"If you get into the mid or upper 90s, we have some people around here who still don't have air conditioning. You can get heat exhaustion and heat stroke within a building," Dr. Curtis says. "When people don't have air conditioning, that's when you really see a lot of the elderly develop heat exhaustion within their own homes."

### **VO TAG**

DR. CURTIS RECOMMENDS STICKING TO HYDRATING LIQUIDS LIKE WATER AND SPORTS DRINKS... AND AVOIDING CAFFEINATED BEVERAGES AND ALCOHOL. HE ALSO SAYS TO TAKE BREAKS WHILE OUTSIDE... BE ABLE TO GET IN THE SHADE... AND USE THE BUDDY SYSTEM TO TAKE CARE OF ONE ANOTHER.