Green Bay – With summer in full swing and high temperatures in the forecast, HSHS St. Vincent, St. Mary’s, St. Nicholas and St. Clare hospitals encourage everyone across Northeast Wisconsin to be familiar with the signs and symptoms of heatstroke, as well as the steps that can be taken to avoid heatstroke.

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. It requires emergency treatment to prevent serious complications or death. If you suspect someone is experiencing heatstroke, call 911 or seek medical assistance immediately.

Heatstroke signs and symptoms
- **High body temperature** - The main sign of heatstroke is a core body temperature of 104 degrees or higher.
- **Altered mental state or behavior** - If a person who has been in hot temperatures is confused, agitated, slurring their speech, irritable, delirious or experiences a seizure, then heatstroke may be suspected.
- **Nausea** - Vomiting may occur.
- **Flushed skin** - An increase in body temperature can lead to skin turning red.
- **Rapid breathing** - Breathing may become rapid and shallow.
- **Racing heart rate** - When a person experiences heatstroke, the heart works overtime to help cool the body, therefore increasing the heart rate.
- **Headache** - Heatstroke can cause a throbbing headache.

Preventing heatstroke
- **Wear loose-fitting clothes** - Loose-fitting clothes allow for your body to cool properly as opposed to tight or heavy clothes.
- **Drink plenty of fluids** - Staying hydrated will help you maintain a normal body temperature and will help your body sweat.
- **Protect yourself against sunburn** - Use sunscreen and reapply every two hours. Also wear a hat and sunglasses to protect against sunburns. Sit under the shade from time to time.
- **Take it easy during the hottest parts of the day** - Try to schedule outdoor activities in the cooler parts of the day, such as early morning or the evening. The hottest part of the day is generally 10 a.m. to 4 p.m.
- **Better yet, stay indoors** - Avoid the heat altogether by staying inside an air-conditioned, well-ventilated space.

About HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center
HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center have been delivering quality health care to Green Bay and its surrounding communities since 1888. With HSHS St. Vincent being the largest tertiary care hospital and HSHS St. Mary’s location on Green Bay’s west side, patients from Northeastern Wisconsin and Upper Michigan benefit from a comprehensive range of services that include cancer care, women’s services, emergency and trauma care, preventive
care across the lifespan, digestive health, orthopedic, cardiac care, neurosciences, rehabilitation and pediatrics. Affiliates of Hospital Sisters Health System, the hospitals primary purpose is to continue Christ’s healing love through the delivery of competent and compassionate health care in an environment sensitive to the needs of all people. Both hospitals are accredited by the Joint Commission of Accreditation of Healthcare Organizations.

About HSHS St. Nicholas Hospital
HSHS St. Nicholas Hospital has been delivering high quality health care to Sheboygan and its surrounding communities since 1890. HSHS St. Nicholas Hospital provides a comprehensive range of services that include cancer care, women’s services, 24-hour emergency care, digestive health, orthopedics, cardiac, home health and hospice care. The hospital’s primary purpose is to continue Christ’s healing love through the delivery of high quality and compassionate health care in an environment sensitive to the needs of all people. HSHS St. Nicholas Hospital is accredited by the Joint Commission of Accreditation of Healthcare Organizations. An affiliate of Hospital Sisters Health System, we draw on the history of St. Francis of Assisi as we move to continue serving the health care needs of our area in Christ’s healing ministry, caring for all people. To learn more, visit www.stnicholashospital.org.

About HSHS St. Clare Memorial Hospital
HSHS St. Clare Memorial Hospital serves Oconto Falls and the surrounding communities as a federally-designated critical access hospital with a 24-hour emergency department, urgent care, general, vascular and orthopedic surgical services, inpatient and outpatient surgical and diagnostic services, rehabilitation, oncology outpatient clinic and women’s care. HSHS St. Clare Memorial Hospital, in affiliation with Prevea Health, has six regional health center locations in Gillett, Lena, Mountain, Oconto, Oconto Falls and Suring. HSHS St. Clare Memorial Hospital Pharmacies are located in Gillett and Oconto Falls. Founded in 1921 as Community Memorial Hospital, in 2014, HSHS St. Clare Memorial Hospital became the fourteenth hospital in Hospital Sisters Health System. As an affiliate of Hospital Sisters Health System, we draw on the history of St. Francis of Assisi as we move to continue serving the health care needs of our area in Christ’s healing ministry, caring for all people. For more information about St. Clare, visit www.stclarememorial.org.

About Hospital Sisters Health System
Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.