

Health & Wellness Tip of the Week

Week 34 August 20, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

81288-1118

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Watch for the Warning Signs of Heat Stroke

For most of us, August and high heat go hand-in-hand. Heat exhaustion and heat stroke can be real dangers. Learn to spot the symptoms. If you notice these symptoms, get medical help immediately:

Heat stroke

- Very high body temperature, above 103 degrees
- Red, hot and dry skin with no sweating
- Rapid, strong pulse
- Throbbing headache, dizziness
- Upset stomach
- Confusion
- Passing out

Source: Centers for Disease Control and Prevention

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