

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN, CN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com

The Institute for Preventive Healthcare & Advocacy



Promoting optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

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Heat Exhaustion & Heat Stroke

BY KATHEY AVERY RN, BSN, CN

As the heat dome continues to intensify July’s temperatures, staying informed can save lives.

Summer has arrived, along with an intense heat dome that has settled over much of the United States this month.

As temperatures climb into dangerous territory, this is a crucial moment to reeducate our communities about the warning signs of heat exhaustion and heat stroke—and how to protect one another.

Extreme heat isn’t just uncomfortable. It’s a public-health threat that disproportionately affects elders, outdoor workers, athletes, unhoused neighbors, and anyone without reliable access to cooling. When heat waves stretch for days or weeks, the risk of dehydration, overheating, and medical emergencies rises sharply.

Understanding the difference between heat exhaustion and heat stroke helps people respond quickly, prevent harm, and know when to seek emergency care.

Heat Exhaustion

Heat exhaustion is the body’s signal that it’s struggling to cool itself. It’s serious, but treatable if caught early.

Symptoms

- Headache
- Dizzy or fainting
- Heavy sweating
- Cold, pale and clammy skin
- Nausea or vomiting
- Fast, weak pulse
- Weakness or muscle cramps

What To Do

- Hydrate with water or sports drinks. No alcohol
- Move to a cooler, air-conditioned place.
- Lie down.
- If fully conscious, sip water.
- Take a cool shower or use cold compresses.
- If vomiting continues, seek medical attention.
- Act quickly. Untreated heat exhaustion can progress to heat stroke.

UNDERSTAND THE SIGNS

HEAT EXHAUSTION	HEAT STROKE
 - DIZZINESS & FAINTING - FATIGUE - EXCESSIVE SWEATING - RAPID, WEAK PULSE - NAUSEA OR VOMITING - COOL, PALE CLAMMY SKIN - MUSCLE CRAMPS 98.6 < BODY TEMP < 104 °F	 - THROBBING HEADACHE - FATIGUE - NO SWEATING - RAPID, STRONG PULSE - NAUSEA OR VOMITING - RED, HOT DRY SKIN - LOSS OF CONSCIOUSNESS/SEIZURES - BODY TEMP > 104 °F

how to recognize and prevent both heat exhaustion and heat stroke.

- Remove tight fitting clothing or extra layers

Heat Stroke

Heat stroke is life-threatening. It happens when the body’s temperature rises so high that it can no longer regulate itself. Immediate medical attention is essential.

Symptoms

- Headache
- Confusion or delirium
- May lose consciousness
- No sweating/dry skin
- Hot, red skin
- Nausea or vomiting
- Rapid heart rate
- Body temperature above 104° F

What To Do

- Call 911. This is a medical emergency
 - Move the person to a cooler place
 - Use cold compresses to reduce body temperature
 - Do not give fluids
- Please share this information with your friends and family. Keep this handy guide on your refrigerator this summer, or any other handy spot where you can easily find it if you need it.

Source: Beaumont Emergency Hospital

Bounty and Soul

Come out to IFPHA's fresh food produce outreach.



Held at Rock Hill Missionary Baptist Church (486 Caribou Road in Asheville), this weekly event now takes place on Mondays at 11:30 a.m. IFPHA looks forward to helping you live a healthy life with fresh produce, resources, and health education.

Lunch & Learn



Join Kathey Avery on the third and fourth Wednesdays of the month from 12-1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Road in Asheville. The community nurse will address “Hot Topics” and provide education and knowledge to help keep you healthy. All are welcome!