

HEAT STROKE ALERT FOR ALL FRSC STAFF.

2. A change in weather condition has been noticeable lately, manifesting in high temperature which may ultimately be above 40°C.
3. Heat stroke which in medical term is a serious hyperthermia (abnormal rise in temperature) of the body temperature of about 40°C and above which could lead to permanent damage of some organs and probable coma. It is mostly characterized by dehydration, sweating, dizziness, weak pulse, shallow breathing, seizures and vomiting in some cases.
4. It can be prevented by avoiding dehydration and rigorous physical activities under the sun, staying in cool places and proper ventilation. If cases of heat stroke occur, the victims should be given water preferably; tight clothing should be removed and taken to the nearest medical centre for further treatment.
5. Due to climate change, increasing weather temperature and hot wind blowing from the North to Nigeria, which is more intense in the Northern parts of the country and these can lead to incidences of heat stroke.

RECOMMENDATIONS

6. Consequent upon the above, the followings are recommended;
 - a. All staff should always stay hydrated at all times to prevent heat stroke by drinking enough water before embarking on any strenuous activity.
 - b. All patrol teams especially are advised to carry along at least twenty-five (25) litres of potable water for its patrol operations throughout this period.
 - c. Report suspected cases of heat stroke to the nearest medical centre for immediate medical attention and forward report on same to CMRS for management interventions.

THIS MESSAGE IS FROM THE CORPS MEDICAL AND RESCUE SERVICES (CMRS).