



Your new friend from Great Britain has heat exhaustion that is exacerbated by his sunburn. His core temperature is dangerously close to heat stroke. Using a mist bottle and sleeping pad, lightly spray and fan him until his core temperature drops to normal. Avoid cooling him to the point of shivering as shivering produces heat. As you are cooling him have him drink small sips of an electrolyte solution (or sips of water and slowly eat a few salty crackers or pretzels) to rehydrate him and prevent hyponatremia. Apply a zinc oxide based sun block to all exposed skin and evacuate him from the park. As long as you keep him cool and hydrated while avoiding hyponatremia he should fully recover within a few days.

