

Stay Safe in the Heat and Prevent Heat-Related Illness!

Quick Clues for Identifying and Treating Heat Related Illness from Children' Healthcare of Atlanta:

<u>Heat-Related Illness</u>	<u>Symptoms</u>	<u>Treatment</u>
Heat Cramps	Muscle spasms in extremities, abdomen, nausea, weakness, flushed face	Slowly stretch cramping muscle; provide fluids; rest in cool place
Heat Exhaustion	Body temperature 95-105 degrees nausea/dizziness/vomiting headache, strong thirst heavy sweating, cool/clammy skin	Get to cool place; provide plenty of fluids and diluted sport drinks; wet skin down
Act Immediately If: Heat Stroke	Increased body temperature to 105 confusion, agitation, may or may not be sweating, cool, pale and clammy skin, shallow breathing, may lose consciousness	Call 911 immediately; cool with ice packs near armpits, neck, and groin; offer cool water if conscious

Prevention is the best defense!

Prevention Tips:

1. Schedule outdoor events for early morning and late afternoon.
2. Provide frequent water breaks and shade breaks if exercising or outside
3. Wear light colored and lightweight clothing during outside activities
4. Stay hydrated. Drink before you feel thirsty.
5. If exercising drink 16-24 ounces of fluid 1-2 hours before workout.
6. Drink 4-8 ounces of water every 20 minutes of exercise.
(prevention tips recommended by Centers for Disease Control/Prevention and the National Athletic Trainers Association)