

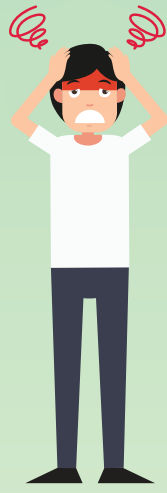
BEAT THE HEAT

Know the Signs of Heat-Related Illnesses

SYMPTOMS



THIRST & MUSCLE SPASMS



PALE SKIN & DIZZINESS



VOMITING & HEADACHE



DEHYDRATION & WEAKNESS



CONFUSION & COLLAPSE

Heat Cramps	Syncope	Exertional Heat Exhaustion	Exertional Heat Stroke
<ul style="list-style-type: none"> Dehydration Thirst Sweating Muscle twitches Painful, involuntary muscle spasms Fatigue 	<ul style="list-style-type: none"> Pale or sweaty skin Dizziness (vertigo) or light-headedness Tunnel vision Weakness Decreased or weak pulse Loss of consciousness 	<ul style="list-style-type: none"> Rectal temperature below 105°F Irritability Fainting Dizziness Light-headedness Headache Nausea Vomiting Diarrhea Pale Chills Heavy sweating Decreased muscle coordination Weakness Fatigue Decreased urine output (dehydration) Decreased blood pressure Hyperventilation 	<ul style="list-style-type: none"> Rectal temp. greater than 105°F Irrational behavior Unconsciousness Disorientation Dizziness Headache Confusion Nausea Vomiting Diarrhea Muscle cramps Loss of muscle function/balance Inability to walk Collapse Staggering Profuse sweating Decreasing performance Dehydration Rapid pulse Low blood pressure Quick breathing

TREATMENT

Heat Cramps	Syncope	Exertional Heat Exhaustion	Exertional Heat Stroke
<ul style="list-style-type: none"> Rest Stretch the muscle Replace fluids and electrolytes 	<ul style="list-style-type: none"> Move to shaded, cooler area Sit or lie down Monitor vital signs Elevate legs above heart Rehydrate with water or a sports beverage 	<ul style="list-style-type: none"> Move the individual to a cool, shaded area Sit or lie down Remove excess clothing Elevate legs above heart Cool the individual with fans, rotating ice towels, or ice bags Provide oral fluids for rehydration Monitor vital signs 	<ul style="list-style-type: none"> Immediately begin cooling via whole body ice water immersion (tub or tarp filled with ice and water) Call 911 Remove all equipment and excess clothing Monitor vital signs Cease cooling when rectal temperature reaches 101–102°F Transport to nearest hospital Do NOT transport until rectal temp is below 102°F

RETURN TO PLAY

Heat Cramps	Syncope	Exertional Heat Exhaustion	Exertional Heat Stroke
<ul style="list-style-type: none"> Athlete rested Fluids & electrolytes replenished 	<ul style="list-style-type: none"> Symptoms resolved Athlete fully rehydrated 	<ul style="list-style-type: none"> Medical clearance preferred Minimum 24-48 hours with no symptoms Gradually increase intensity 	<ul style="list-style-type: none"> Requires a physician's clearance – could take weeks or months

