

# Heat Exhaustion

## Signs, Symptoms, and Preventative Tips

<b>Recognizing Heat Exhaustion</b>	<b>What to Do</b>
<p>Warning signs of heat exhaustion include the following:</p> <ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Paleness</li><li>• Muscle cramps</li><li>• Tiredness</li><li>• Weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Nausea or vomiting</li><li>• Fainting</li></ul>	<ul style="list-style-type: none"><li>• Get the victim to a shady area.</li><li>• Cool the victim rapidly using whatever methods you can. For example, spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.</li><li>• DO NOT give the person sports drinks, or ICE cold water. Cool water is recommended.</li><li>• Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.</li><li>• If symptoms persist, or seem to increase call for emergency medical attention ASAP</li></ul>

### **Tips for reducing the risk of Heat Exhaustion**

- **HYDRATION STARTS AT HOME**, it is up to the player, and parents to make sure plenty of fluids are being consumed before coming to practice.
- Drink plenty of fluids Daily, DO NOT wait until you're thirsty to drink. 6-10 glasses of water everyday.
- **DO NOT** Drink soda, coffee, or other caffeinated beverages. They increase urine output, and make you dehydrate faster.
- Use sun block, SPF 15 or higher, sunburn increases body heat and causes a rapid loss of vital fluids. Sunburn can occur even on cloudy or overcast days so always be prepared.

### **Other Conditions to be aware of Heat Cramps**

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

#### **Recognizing Heat Cramps**

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

#### **What to Do**

If medical attention is not necessary, take these steps:

Stop all activity, and sit quietly in a cool place.

- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

This information is provided in this letter has been compiled from various websites; it is our hope that you will continue to research these issues, and make you own conclusions. For more information on the internet type HEAT EXAHAUSION, into your favorite search engine.