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| **Symptoms** | **Heat Illnesses** |
| **Heat stroke** | * Confusion * Fainting * Seizures * Excessive sweating or red, hot, dry skin * Very high body temperature * Life threatening | * Call 911   While waiting for help:   * Place athlete in cool area- cold pool if possible * Loosen clothing, remove outer clothing * Wet worker with cold water; apply ice packs, cool compresses, or ice if available- under arm pits, neck, under knees * Provide fluids (preferably water) as soon as possible – if coherent * Stay with athlete until help arrives |
| **Heat exhaustion** | * Cool, moist skin * Heavy sweating * Headache * Nausea or vomiting * Dizziness * Light headedness * Weakness * Thirst * Irritability * Fast heart beat | * Have athlete sit or lie down in a cool, shady area, or cold pool * Give worker plenty of water or other cool beverages to drink * Cool worker with cold compresses/ice packs * Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. Possible IV fluid replacement needed. * Do not return to play that day unless regain water loss and feel remarkably better. |
| **Heat cramps** | * Muscle spasms * Pain * Usually in abdomen, arms, or legs(hamstrings/calves) | * Have worker rest in shady, cool area * Worker should drink water and Gatorade!!! * Pickle juice, heat guard, cramp x, salt, mustard * Stretching and massage * Ice pack/cold spray |

HEAT ILLNESS

BE INFORMED!!