## Recognize and Treat Heat Illness

## **HEAT CRAMPS**

#### Signs:

Brief muscle cramps or spasms

#### What to do:

Stop activity and hydrate

### **HEAT EXHAUSTION**

#### Signs:

Weakness, dizziness, heavy sweating, nausea or vomiting, fainting, cold and clammy skin

#### What to do:

- Move to a cool place, remove excess clothing
- Cool with fans, wet cloths, or ice packs
- Monitor heart rate and body temperature, elevate legs above head, hydrate
- Seek medical attention if symptoms continue

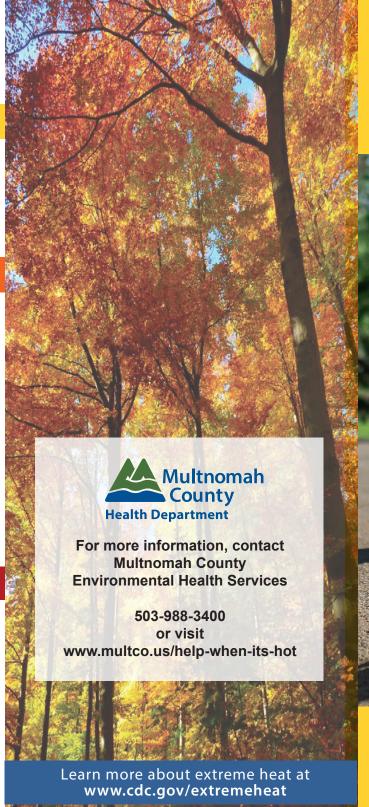
## **HEAT STROKE**

#### Signs:

High body temperature 103° F or higher, confusion, rapid pulse, unconsciousness, seizures, coma

#### What to do:

Call 911 and seek immediate care, move to cool place, remove excess clothing, cool with wet cloths or ice packs



# **Exercise Safety** on Hot Days

Guidance for coaches

and athletes