

Help for When it's Hot

Information for Athletes

In hot weather, even healthy and fit individuals are at risk for heat-related illness.

Exertional heat stroke is one of the leading causes of sudden death during athletics. As we experience increasingly hot summers, it is important to be aware of the risks, recognize symptoms, and know what to do if you or a friend show signs of a heat-related illness.

Stay Cool

- Drink water during and after exercise.
- Have a cold water tub available during practices and games.
- Sleep and rest in a cool place.
- Plan frequent rest breaks in a cool area during work.
- Gradually increase the length and intensity of athletic activity in hot weather over the course of 1-2 weeks.

Heat Exhaustion

SYMPTOMS

- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting
- Rapid heartbeat
- Shallow breathing

WHAT TO DO

- Remove excess clothing
- Rest in a cool area
- Take a cool shower, bath, or sponge bath
- Drink plenty of water

Heat Stroke

SYMPTOMS

- Confusion
- Rapid pulse
- Seizures
- Loss of consciousness
- Body temperature of 103° or higher
- Hot, dry skin or profuse sweating

WHAT TO DO

Call 911. Heat stroke is an emergency. While you wait for help, move to an air-conditioned space, and cool down with cold towels and ice.