

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



For more information, contact
Multnomah County
Environmental Health Services

503-988-3400
or visit
www.multco.us/help-when-its-hot

Learn more about extreme heat at
www.cdc.gov/extremeheat

Sports Safety on Hot Days



Guidance for coaches and athletic event organizers

In hot weather, even healthy and fit individuals are at risk for heat-related illness. Heat stroke and heat stress are serious medical emergencies, but they can be prevented by following some of the steps below.

Stay
Cool



Learn
The Signs



Stay
Alert



Before An Event

Encourage athletes to hydrate before they feel thirsty. Athletes should drink two glasses of water in the two hours before exercise, and avoid alcoholic and sugary beverages.

Make sure coaches and staff know about signs and symptoms of heat illness.

Have emergency cooling materials available: tub/kiddy pool, ice packs, cool water, shade, fans, thermometer (for taking athletes' temperature).

Track the weather forecast. Cancel or change intensity (change start time, duration, break frequency, or clothing requirements) when the National Weather Service issues an Excessive Heat Warning.

Visit www.wrh.noaa/wrh/heatrisk for up-to-date heat risk information.

During An Event

Track air temperatures and weather warnings throughout the day.

Watch athletes for signs of heat illness.

Make fluids available.

Provide rest and drinking breaks.

Modify intensity (change start time, duration, break frequency, or clothing requirements).

Maintain readiness of trainers, medical staff, and emergency cooling supplies.

