

# HEAT ILLNESS

## IDENTIFICATION AND TREATMENT

### Causes

- Excessive sweating
- Failure to drink enough fluid
- Hot, humid weather
- Exercise in hot environment

### Prevention

- Wear light, loose fitting clothing
- Pay attention to early symptoms of heat illness
- Before exercise drink at least 8 oz. of water/ sport drink
- During exercise drink at least 8 oz. of water every 20 minutes
- After exercise drink 16 oz. of water for every pound of weight lost

### Treatment

- Remove from heat
- Replace lost fluids
- Rest



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**Illness caused by prolonged exposure to hot temperatures, high humidity, slow air movement and increased physical activity**

## **Heat Exhaustion**

- Skin cool and moist
- Pale or gray skin color
- Slow pulse
- Confusion
- Muscle cramps
- Low or normal body temperature
- Dark yellow or orange urine

## **Heat Stroke**

- MEDICAL EMERGENCY
- Sudden dizziness, weakness, faintness and headache
- Skin is hot and dry
- No sweating
- High body temp 102°+
- Rapid heartbeat
- Muscle cramps