

TIPS ON PREVENTION - HEAT EXHAUSTION AND HEAT STROKE



CATASTROPHIC HEAT INJURIES ARE PREVENTABLE. During hot, humid weather the body's internal temperature can rise and result in heat injuries. If it is not quickly treated, heat exhaustion can progress to heatstroke, which requires IMMEDIATE medical attention.

- Teach and encourage children to drink plenty of fluids before, during and after any activity or practice in the hot sun.
- Students need to take a break whenever they feel overheated.
- They must be given permission to take frequent breaks in a cool or shaded area.
- Water must be available to students at all times.
- Students should drink 8-12 oz. of cool water every 20 to 30 minutes. (Even if they are not thirsty.)
- Water should **NEVER** be withheld from students from any sports or outdoor activity.

SIGNS & SYMPTOMS

HEAT EXHAUSTION:

- Severe Thirst
- Muscle weakness, muscle cramps
- Nausea, sometimes vomiting
- Fast, shallow breathing
- Irritability
- Headache
- Increased sweating
- Cool or clammy skin
- Elevation of body temperature to less than 104 degrees Fahrenheit.

HEAT STROKE:

- Severe, throbbing headache
- Weakness, dizziness, or confusion
- Difficulty breathing
- Decreased responsiveness or loss of consciousness, loss of coordination, irritability.
- May not be sweating
- Flushed, hot, dry skin
- Elevation of body temperature to 104 degrees Fahrenheit or higher.

WHAT TO DO :

If the child shows signs of **Heat stroke** call **911** immediately! In cases of heat exhaustion and while awaiting help for a child with possible heatstroke:

- Bring the child to the shade immediately
- Have the child lie down; elevate feet slightly.
- Remove excessive clothing.
- If student is alert, give frequent sips of cool water.
- Spray with mist of cool water / fan student.
- Rapid cooling required before transport of Heat Stroke victim. Immerse in cool water (small baby pool filled with cool water), place ice packs under the arms or in the groin area to help bring body temperature down.

Cases of heat exhaustion should also be encouraged to seek medical attention!