

WESTMOORE BANDS
HEAT RELATED ILLNESS

RED FLAG ALERTS

- Level of heat index: Air temperature combined with relative humidity. (85 degrees and 85 % humidity)
- Staff/students taking medications such as, antihistamines, or diuretics.

PREVENTION

- Drink plenty of water before starting an outdoor activity.
- Wear lightweight, light-colored, loose-fitting clothing.
- Drink one to two cups of water in the hour preceding practice or competition.
- Continue drinking every **15-20 minutes** during activity.

HEAT CRAMPS: Least severe

SYMPTOMS:

- Painful muscle spasms.
- Give cool water or commercial sports drink.
- Lightly stretch and gently massage area.

FIRST AID:

- Rest in a cool, shaded area.

HEAT EXHAUSTION: Often affects athletes

SYMPTOMS:

- Profound weakness and exhaustion.
- Cool, moist, pale, or flushed skin.
- Dizziness
- Muscle cramps.
- Nausea

FIRST AID:

- Rest in a cool, shaded area.
- Slowly sip water or a commercial sports drink.
- Remove excess clothing and loosen tight clothing.
- Apply cool, wet cloths to the skin.

HEAT STROKE: Medical Emergency

Least common, but most severe. Usually occurs when signals of heat exhaustion are ignored.

SYMPTOM

- High body temperature.
- Red, hot, dry skin.
- Confusion or loss of consciousness.
- Rapid, weak pulse.
- Rapid, shallow breathing.
- Frequent vomiting.

FIRST AID:

- CALL 911 and have transported to Emergency Room.
- Move to cool place.
- Cool the body without causing to shiver by immersion in cool water.
- Fan vigorously.