

# If Training or Playing In Extreme Heat

## Look Out For Heat Exhaustion and Heat Stroke - And Know the Difference!

Courtesy of [www.medicinenet.com](http://www.medicinenet.com)

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

### Heat exhaustion symptoms

Warning signs of heat exhaustion include:

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow.

*If heat exhaustion is untreated, it may progress to heat stroke, which is a*

*medical emergency.*

### Seek medical attention and call 911 immediately if:

- symptoms are severe, or
- the victim has heart problems or high blood pressure.

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

### Heat exhaustion treatment

Cooling measures that may be effective include:

- cool, non-alcoholic beverages, as directed by your physician
- rest
- cool shower, bath or sponge bath
- an air-conditioned environment
- lightweight clothing

### HEAT STROKE

Heat stroke (also referred to as heat-stroke) is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical and neurological symptoms. **Heat stroke is a true medical emergency that can be fatal if not properly and promptly treated.**

### What are heat stroke symptoms?

Symptoms of heat stroke can sometimes mimic those of heart attack or other conditions. Sometimes a person experiences symptoms of heat exhaustion before progressing to heat strokes.

### Common Symptoms and Signs of Heat Stroke

- high body temperature
- the absence of sweating hot red or flushed dry skin
- rapid pulse
- difficulty breathing
- strange behavior
- hallucinations
- confusion
- agitation
- disorientation
- seizure and/or coma

### Treatment

First and foremost, cool the victim. Move them to a shady area and use cool or tepid water to wipe down the skin. Apply ice packs to the armpits and under the groin. Call 911 IMMEDIATELY!

Continue cooling until the body temperature returns to 101-102F.