



HEAT ILLNESS INSTRUCTIONS

Name _____ Date _____

When participating in sports during hot weather, individuals can be at risk for developing heat illness. Heat illnesses vary in severity from mild (cramping) to severe (heat stroke, death). The following guidelines should be utilized to assist in the recovery of heat illnesses.

1. Continue to hydrate yourself with water and/or electrolyte beverage.
 - Drink 20-24oz of cold water for every pound that you have lost.
 - DO NOT DRINK caffeinated beverages (i.e. coffee, tea, iced tea, Coke/Pepsi, Mountain Dew, etc), “energy drinks” (i.e. Red Bull, AMP, Monster, etc), or alcoholic beverages. They cause you to produce more urine, so you end up losing even more fluids!
 - DO NOT DRINK carbonated beverages or sugary drinks (i.e. fruit juices/punch, etc).
 - Drink enough to satisfy your thirst. Eat a good meal (drink while eating). Continue to drink after the meal.
2. Eat a good, nutritious diet.
 - Low-fat, high carbohydrate, moderate protein foods.
 - Fruits and vegetables.
 - Stay away from fast foods.
 - Lightly salt foods to taste and/or eat foods high in sodium (i.e. ham and cheese, pizza, tomato sauce, soup, tomato juice/V8, pretzels, pickles, etc).
3. Avoid taking any supplements, stimulants, and/or other medications unless prescribed for you by a Lehigh University Team Physician.
4. Monitor your urine color and output (urine color should be pale yellow to clear if you are properly hydrated).
5. Immediately contact the first available athletic trainer if any of the following occur:
 - Cramping/muscle spasms/convulsions.
 - Nausea and/or vomiting.
 - Elevated body temperature (greater than or equal to 103°).
 - Severe headache, dizziness, confusion, and/or lethargy.
 - Staggering body control, decreasing level of consciousness, intense thirst.
6. Please report to the athletic training room before your next practice, game, or strength/conditioning workout for a follow-up examination.

Emergency Telephone Numbers:

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