



SUNBURN

- Prevention is key.
- Use a good quality sunblock (SPF 30 or greater) with UVA and UVB protection and reapply as indicated. Avoid use on forehead since when sweating occurs the sunblock runs into the eyes and stings considerably. If this occurs flush the eyes with water immediately.
- Use a wide brim hat and cover the skin when possible.
- If sunburn occurs give ibuprofen for the pain and apply hydrocortisone 0.5% creme to the affected area. Cold compresses can also give some relief. If blistering occurs, follow up with a healthcare provider.

HEAT ILLNESS

- Your body normally cools itself by sweating.
- During hot weather, especially with high humidity, sweating just isn't enough.
- Your body temperature can rise to dangerous levels, and you can develop a heat illness.
- Most heat illnesses occur from staying out in high heat and humidity too long. Chronic kidney, heart or lung disease increases risk. Certain **medications** decrease ability to sweat and increase risk. (See list below re meds). Over dressing can be a factor.
- Drinking fluids, replenishing salt and minerals and limiting time in the heat can help to prevent or minimize heat illness.
- Heat-related illnesses include heat rash, heat cramps, heat exhaustion and heat stroke. Heat exhaustion is a warning that the body is getting too hot. In heart stroke the body organs start to overheat. The organs will stop working if they get hot enough. If not treated heat stroke can result in death.

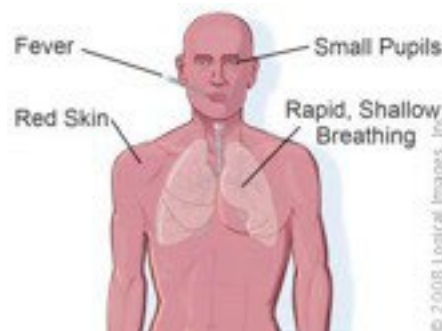
HEATSTROKE a life-threatening illness in which body temperature may rise above 41 C (106° F) in minutes; symptoms include dry skin (no longer sweating), rapid breathing, fast pulse (>130 bpm), dizziness, confusion, hallucinations, agitation, seizures, and loss of consciousness. This is an emergency and requires immediate hospital attention.

HEAT EXHAUSTION an illness that can precede heatstroke; symptoms include heavy sweating, rapid breathing, and a fast, weak pulse. There can be lightheadedness, nausea, severe thirst, and irrational behavior.

HEAT CRAMPS muscle pains or spasms that happen due to loss of salts with heavy sweating and is the earliest signs of heat illness. May feel weak or lightheaded. Painful involuntary muscle spasms in the legs, arms, abdomen and back.

HEAT RASH skin irritation from excessive sweating.

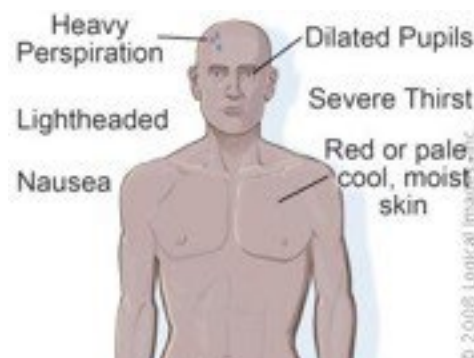
- Red bumps on the trunk and extremities.
- May be itchy.
- Cool skin immediately. Increase fluid intake.





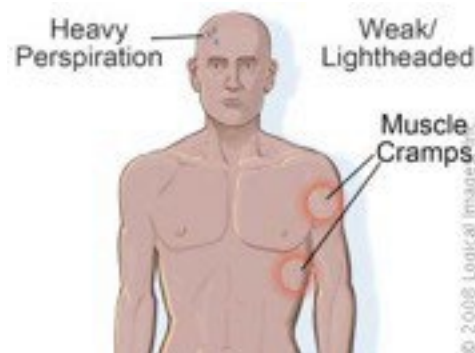
Medications that increase the risk of heat illness:

- Diuretics/blood pressure pills
- Anticholinergics
- Antipsychotics/Neuroleptic
- Antidepressants
- Cardiac medications
- Stimulants
- Antihistamines (allergy pills)
- Calcium channel blockers
- Beta Blockers
- Laxatives
- Seizure meds



FIRST AID FOR HEAT ILLNESS:

- For heat stroke call 911 and immediately initiate cooling measures while waiting for help to arrive.
- Initiate measures at the earliest signs of heat illness to prevent it from progressing to a more serious stage.
- If the Athlete does not take precautions to cool off and rehydrate with a cool liquid containing electrolytes at the earliest opportunity, more severe stages of heat illness will occur in a rapid progression, resulting in a potentially life-threatening situation with heat stroke.
- Have the Athlete rest in a shaded area or cool/air-conditioned room. Elevate the legs. For heat stroke remove unnecessary clothing.
- Give the Athlete a cool electrolyte beverage, such as Gatorade.
- Pour cool water over the Athlete.
- Wrap the Athlete in wet cloths and position a fan toward them. Evaporation of water on the skin aids in cooling.
- Apply cold compresses to the neck, armpits, groin.
- Attempt to relax the cramped muscles by massaging them gently but firmly.
- If possible, take the Athlete's temperature while starting cooling measures and continue to check their temperature every few minutes. Once it has gone down to 37.7 C (100° F), you can discontinue cooling measures but continue to check the person's temperature every 30 minutes for 3–4 hours.
- Once you have had a heat illness you are more vulnerable to heat illness to occur again.





PREVENTION OF HEAT ILLNESS:

- Drink lots of liquids especially if urine is dark yellow in color. Drink water or Gatorade.
- Avoid caffeinated beverages which act as diuretics and worsen dehydration.
- Use caution in the mid-day sun.
- Wear light loose fitting clothes such as cotton so sweat can easily evaporate from your skin.
- Wear a wide brim hat and find shade.
- If you feel hot cool off right away.
- Drink fluids every 15-20 minutes even if you are not thirsty - if urine is clear, you are drinking enough - if it is dark you are dehydrated.
- It takes 7-10 days to acclimatize to heat by increasing your ability to sweat.