



RECOGNIZE TO RECOVER

WEATHER RELATED ILLNESS EAP

HEAT RELATED ILLNESS

Recognize

- Early signs and symptoms of heat illness include weakness or fatigue, headache, nausea and dizziness
- Altered mental status, such as confusion, irritability, aggressive behavior, dizziness
- Slurred speech
- Hallucinations
- Loss of balance, falling down
- Throbbing headache
- Body temperature above 104 degrees Fahrenheit
- Complaining of chills, while skin may be warm to the touch

Recover

1. Remove from training and away from the source of heat
2. Cool in a shaded area using ice towels
3. Fan or spray with water to bring down body temperature
4. Provide access to fluids/electrolytes and encourage rehydration

In severe cases of exertional heat stroke:

1. Remove excess clothing/equipment and immediately begin cooling the athlete by placing them in an ice-water tub
2. If no tub is present, rotate cold, wet ice towels every 2-3 minutes over the entire surface of the body or as much as possible
3. Call 9-1-1 - Exertional heat stroke is a medical emergency

COLD RELATED ILLNESS

FROSTBITE

Recognize

- Swelling/Edema
- Redness or mottled gray skin appearance
- Tingling or burning
- Blisters
- Numbness or loss of sensation

Recover

Gradually rewarm affected area with warm water

WARNING

- Do not rub or massage the frostbitten area. This may actually increase the damage.
- Do not use heating pads, heat lamps or the heat of a stove fireplace, or radiator for warming since affected areas are numb and can be easily burned.

*If any of the symptoms persist for longer than a few hours, seek medical attention from emergency department or physician

FROSTBITE

Recognize

- Shivering vigorously or suddenly not shivering
- Increased blood pressure
- Lethargy
- Impaired mental function
- Slurred speech

Recover

- Remove damp/wet clothing
- Apply heat to the trunk of the body, not limbs
- Provide warm fluids and food
- Avoid applying friction massage to tissues

WARNING

Do not use a hot shower or bath to treat hypothermia because it could cause the individual to go into shock.

*If symptoms persist seek medical attention from a physician or Emergency department