## Heat & Hydration

### Heat Illnesses
- Heat Exhaustion/Cramp
- Cramping
- Red faced
- Sweating
- Cold, clammy skin
- Confusion/dizziness
- Shallow breathing/rapid pulse
- Heat Stroke - **MEDICAL EMERGENCY**
  - Delusion/irritation
  - Loss of Coordination
  - Loss of Consciousness
  - Not sweating and red, dry skin
  - Seizure
  - Vomiting
  - Core temp >104

### Dehydration
- 1% decrease in hydration can result in:
  - Decreased cognitive function
  - Physiological strain on brain, heart, kidneys, muscle tissue
- Check urine color to monitor hydration status
  - Dark yellow, orange, or brown - HYDRATE
  - 16-24 oz immediately
  - Can take up to 36 hours to rehydrate
  - Working/Exercising in extreme heat
  - Hydrate 8-12 oz every half hour

### Safe Hydration Practices
- Start hydrating **days** before the event
  - WATER
  - Sports drinks should not replace water, but are beneficial with water
- Consume electrolytes
  - Sodium, potassium, magnesium, calcium, chloride, phosphate
  - Body Armour, Gatorade, Coconut Juice
  - Foods with high electrolyte/water content
    - Watermelon, grapes, apples, banana, citrus fruit

### Safe Hydration Practices Cont.
- Consume 1-1.5 oz/kg of body weight per day
  - 150 lb = 68 - 102 oz
  - 200 lb = 91 - 136 oz
    - 128 oz = 1 gallon
    - kg = lbs: Body Weight / 2.2046
- Do not drink TOO much water
  - Hyponatremia
  - Electrolyte abnormality compared to sodium content
  - Potentially fatal

### If Experiencing any Symptoms:
IMMEDIATELY go to a cool zone and notify EMS