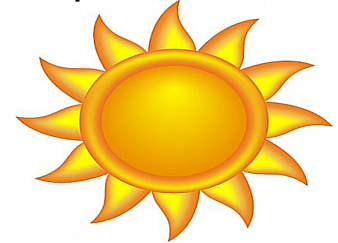




Symptoms of Heat Exhaustion

Information and recommendations from WebMD.com

- Confusion
- Dark Urine
- Dizziness
- Fainting
- Fatigue,
- Headache
- Muscle or Abdominal Cramps
- Nausea
- Vomiting
- Diarrhea
- Pale Skin
- Profuse Sweating
- Rapid Heartbeat



If you experience these symptoms, take a break in a cool place and drink some water. You may also consider taking a cool shower or using other cooling measures such as fans or ice towels.

If these measures **fail to provide relief within 15 minutes, seek emergency medical help**, because untreated heat exhaustion can progress to heat stroke.

Although heat exhaustion isn't as serious as **heat stroke**, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which **can damage the brain** and other vital organs, and even cause death.

Risk Factors for Heat Exhaustion

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A **relative humidity of 60% or more hampers sweat evaporation**, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to **remember that the heat index is even higher when you are standing in full sunshine.**

Every person has a different tolerance for hot conditions which can be affected by certain health conditions, age, consumption of excessive alcohol or caffeine (which can speed up dehydration) and medications.

To Prevent Heat Illness:

- ◆ Wear light colored clothes
- ◆ Use Sunscreen SPF 30 or higher
- ◆ Drink Extra Fluids– Preferably water, non-caffeinated or electrolyte replacing drinks
- ◆ Drink 17 to 20 ozs fluid two three hours BEFORE moderate or high intensity workouts
- ◆ Drink 7 to 10 ozs every 20 minutes during exercise– even if you're not thirsty